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Exotericism is correct spelling

8.27 or 28

Carol's notes

(THIRD SERIES. Talk I)

Three groups : Exoteric, or outer group (beginners)
Mesoteric, or middle group (theoretical information not accessible to ordinary man. Search for objective truth. Subjectively good).
Esoteric, or inner group (initiation, self-perfecting)

THIRD SERIES called "Life is Real only if 'I AM'"

First "initiative factor" - to endure manifestations.

"It weeps in me" - Skridlof.

Brother Sez = says (speaks from mind)
 Brother Ahl = all (speaks from essence)

Senses "limbs of the mind" (Orage)
 Free one's self of an experiencing of ^{the} outer senses,
 then, " " " " " " " " " "inner " "
 (contemplation and meditation)

The desire of my mind becomes the desire of my heart

Kindness, pity, compassion, love, justice.
 I will die, he will die.
 (all lead to real faith and objective hope)

*This is why I show
 it can't be done
 without instruction*

Gurdjieff gave this :

Sit in straight chair, easy posture, erect, small of back (base) against and always in contact with chair. For one hour think of just one special thing, allowing no wandering dream state to take possession.

LECTURE TALK IV (Third Series)

... "As the correctness of the functioning of any relatively independent organ proceeding in us depends on the correctness of the tempo of the general functioning of the whole organism, so also the correctness of our life depends on the correctness of the automatic life of all the other external forms of life arising and existing together with us on our planet.

As the engendered by the cosmic laws general tempo of life on the ^{Earth} consists of the totality of all the tempos both of our human life and also of all the other external forms of life, therefore the abnormalities of the tempo of any one form of life, or even only the disharmony, must inevitably evolve abnormality and disharmony in another form of life" . . .

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LECTURE III (or Seven impulses characterize genuine man)

"7 psychic factors proper exclusively only to man".

"I shall speak about 3 : CAN, WISH, and ~~THE-ENTIRE-SENSING-of-the-whole~~
~~-of-myself~~".

It is necessary first to learn to divide one's attention into 3 approximately equal parts and to concentrate each separate part, simultaneously for a definite time, on 3 diverse inner or outer "objects".

"Soil-preparing" exercise.

Americans begin with Exercise 4, thus :

First of all one's attention must be divided approximately into three equal parts, each of these parts must be concentrated on three fingers of the right or left hand, for instance : the fore-finger, third and fourth; constating in one finger the result proceeding in it of the organic process called "sensing", in another the result of the process called "feeling", and with the third making any rhythmical movement and at the same time automatically conducting with the flowing of mental associations a sequential or varied manner of counting.

FEELING-CENTER = nervous sympathetic nodes. Solar plexus chief agglomeration.

SENSING-CENTER = moving center = nervous moving-nodes, partly spinal column and partly head brain.

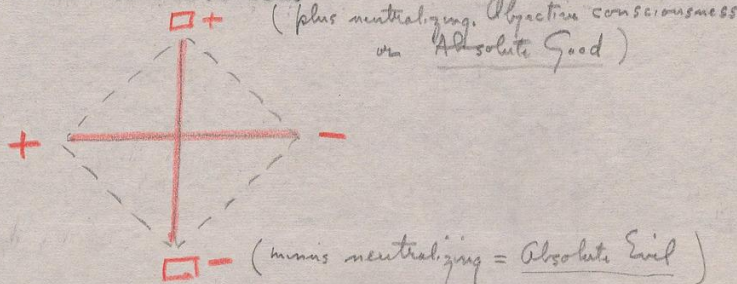
(Most difficult of all the exercises of this series, but necessary for the Americans. At the beginning one must all the time try only to understand the sense and significance of this exercise without expecting to obtain any concrete results).

Essence changes in form as often as the center of gravity changes.

Faith = Christian term for magnetic center = Gurdjieff's use of word "smell"

First semi-tone = impetus to self-development

Second " " = how to serve God.



(when you realize that
there is something new
to try to understand)

The horizontal line is the popular idea of Good and Evil.

Absolute Evil = absence of serviceability and functioning.

GOOD AND EVIL (Nov 19, 1929) - Orage's formulations at end of third evening.

The absolute by definition is the whole considered as one.

The absolute to which we refer is the whole of our world.

The self-contained unitary absolute presents two features : a status quo (i.e., its condition at any given moment) and a movement. (1/ Static, 2/ Dynamic).

Note : Two kinds of Will : Static = to stabilize
Dynamic = to develop

These two features presuppose a plan or design which necessitates a maintenance and a development and = a plan of campaign and an army to carry out the campaign.

Objective of plan of campaign is development of each...? Total plan
= objectiveness = fulfillment of potential of each being.

The plan of campaign is being carried out by all beings consciously or unconsciously to the extent to which they remain beings. Only possibility of escape from plan is that they should cease to be.

the potentiality of beings is to be conscious of plan, and to develop
at same time will to co-operate with it.

Attainment of this state of conscious willing co-operation is defined as right. Failure to develop is defined as wrong.

This plan of campaign by its nature, and by the nature^s of beings, is discoverable by all beings. In absence of personal discovery of plan of campaign all reports are under suspicion of beings subjectively determined. Consequently, obedience to any standard of morality (religion, society, etc.) risks the wrong-doing of the individual.

?? In Gurdjieff text claim is made that principles of right and wrong as
laid down are from prime source - formulated by being Divine (by divine Being)
His said can be found only in conscience.

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5 Commandments to follow. Objective = attainment of Objective Reason.

- 1/ To be just to the body (= state of fitness for plan of campaign)
- 2/ To improve one's "being" ("being efforts")
- 3/ To understand the meaning and ~~aim~~ aim of existence
- 4/ To pay - debt to nature
- 5/ To serve -(service)

- (1 To preserve one's life
- 2 To find one's place in the scheme
- 3 To develop one's self
- 4 To help others to develop
- 5 To pay back)

There are three foods for planetary body : Food
Air
Impressions

They have/ their psychological equivalents in 3 being foods :

- 1 Self-Observation
- 2 ~~Voluntary labour~~
Conscious Suffering
(conscious labour
or 2. voluntary suffering)
3. Unobtainable for us aspect

THE FIVE FACETS OF THE MIND (Orange) (5 ways of reading G's book)

- I. Sex power. We read to extract a method, support for our arguments, not to get at the truth).
- II. Mental. Critical. Newspaper. We compare with everything we have ~~heard before~~ heard before and reject everything that does not conform. This facet is scribbled over so that the truth can't go through.
- III. Mental. The position of the ~~present~~ esoteric scholar G.R.S. Mead. Accepts but merely to compare with other systems.
- IV. Emotional, Aesthetic. Looking for purple passages.
- V. Emotional, Wonder. Become as little children. Here the truth enters so that it appears as though nothing happened.

(To attain V the Book must be read aloud. In reading aloud we cannot avoid II. That is why the Catholic Church permitted the Bible to be read only in church).

must be a mistake in Carol's text?

S P I R I T U A L I S M

(Dec 4, 1929)

Octave of first plane of matter :

Do, re, mi - our material body

fa - the bridge

sol, la, si - our etheric body (also physical). (NOT the astral or second body, but part of first body)

The etheric body surrounds (3 or 4 inches) and interpenetrates the material do-re-mi body we know. Is of rarer substances and coherent. Has its own 5 senses, and senses differently. Can separate from other body in life.

Mediums and mediumistic persons are in a state of misplaced center of gravity. Dangerous.

Extreme fatigue, illness, excitement puts one on this state of seeing the etheric body.

The body dies - the etheric body remains a day, a year or thousands of years - speaks the words that are old records, turned on by accident. ~~Entirely automatic~~ So entirely automatic, decomposing etheric force is the conversation reported from the spirits. (Real reason for its banalities!)

Cremation destroys the etheric body.

By blood fumes (so-called black magic) one sees etheric bodies or amas.

The function of the etheric body is to refine grosser substances. Acts as forces - super-dynamo for tuning our special forms of consciousness - (emotional and mental centers).

Mediumship is induced by change of blood currents (streams) - also drugs, hysteria, certain nerve pressure - makes different state of consciousness.

Consciousness is NOT dependent upon constituents of blood but on channel - or blood streams (determines races, nations, even family). //

Channel of even smallest blood vessel may change - makes different state of consciousness.

There is a second blood stream for etheric body - colour is steel blue - quite separate from other blood. Absence is said to cause anaemia. Doctors prescribe sunlight.

The etheric body has its own senses - sight, hearing, etc., - but these senses are of entirely different range. What is called second sight, for instance, is due to etheric body. The etheric body is responsible for what we call nervous tone.

Blake in his "Marriage of Heaven and Hell" described the angel with whom he talked as changing colour repeatedly. Aura.

In Tibet the lama ~~was~~ was about to divulge an important legomonism when sudden death came. For him consciousness could continue in the etheric.

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body, but on condition that there should have been left before death some of his physical blood with which his etheric body could make contact. Prevented by his sudden death. Jesus accomplished this in the ~~upper room~~ upper room. Judas purposely led the soldiers to Gethsemane to cause a delay, in order to make possible the necessary preparations - now (?) preserved in the legend of the Holy Grail and the Sacrament of the Eucharist.

This is senseless. Jesus was prepared already for years
How can "preparations" be "preserved"? Holy Grail was a legend
 October 15, 1929 *has a symbol of our search for the "I".*

MAN CONSIDERED CHEMICALLY, PHYSIOLOGICALLY, PSYCHOLOGICALLY, SOCIOLOGICALLY

This is pure nonsense
 These are four stages, the quaternary of man. ~~Man~~ He must complete the octave in each department. At present he is complete in the first two departments, but psychologically he is at the note mi, and sociologically he is at the note do. This unequal development accounts for his oddity.

Man considered chemically :

From one point of view every action, every thought, is simply a change in chemicals. A cosmic chemist, in an impartial way, might consider all human activity as simply a series of chemical phenomena. To so view man is an exercise in imagination.

Man already has in him all the chemicals necessary for his complete development. The trouble is that he is not conscious of a large part of them. But the chemicals latent in him if ~~evoked~~ (evolved?) would make possible for him a large extension of experience. For instance, he has never become aware of or experienced the chemicals going into the make-up of his second and third body. Man's potentiality of experience is limited by the range of chemicals in him. He has all the chemicals in him for all the experience appropriate to the species man, but he can actualize these experiences only if he becomes aware of the chemicals.

Man considered chemically is a transforming station for the chemicals within his range. This range for man is H24. This is one of seven octaves in the scale of Being. It is man's objective duty - that is, his function, - to transmute the chemicals in his octave. In this octave the process is failing, to the damage not only of man but of beings in every octave. The proper performance of his function is what is properly known as divine service - "Helping God". A man may have every virtue from a planetary point of view and still be failing in his real principle (pale) cosmic function. The damage to beings in other octaves is what St Paul refers to when he says that the whole creation groaneth awaiting the manifestation of the sons of God.

space
 In music each octave has vibrations just twice those of the octave below. So it is with the scale of Being. We begin with H3 God. This is not manifest in matter. It consists of one atom each of Consciousness, Will and Individuality. Consciousness is passive and has the N° 1
Will is active and has the N° 2
Individuality is neutralizing- " " N° 3

This gives us the next octave H6 with twice the density and half the rate of vibration of the octave above.

H 6 Solar gods. (These were once given as archangels and angels and are synonymous - Orage).

H 12 Planetary gods.

H 24 Man

H 48 Apes (Carol puts a question here. Can't imagine why).

H 96 Vertebrate

H 192 Invertebrate

H 384 Vegetable, etc.

Do stuff (?) (ethernokrilus?) (never remember spellings & can't decipher Carol's)

Re metals

Mi minerals

Fa vegetable

So1 invertebrate

La vertebrate

Si man

Orage says a being of a certain octave cannot recognize a being of a higher octave as such, and that we view a planetary god as a planet; that a cat views a man wrongly in the same way. (Denied by D.King). why? Suggested that cat has higher development, is on his way to 24, whereas we are not on our way to 48. It seems that within 24, for instance, there may be a whole octave of development. (Also? special gap between si and do, man and god.)

Orage further stated that a being of a higher scale could affect the lives, beings of a lower scale without their knowing it. Thus man might shoot a cat and to eat it would be an accident. So our "accidental" deaths are not accident but due to act of planetary god. Orage said no death was accidental (from chemical point of view).

~~MAN'S POSITION IN THE EVOLUTIONARY SCALE~~
~~MAN'S POSITION IN THE EVOLUTIONARY SCALE~~

(Oris misunderstands what he means by this)

MAN CONSIDERED PHYSIOLOGICALLY !

Man's position as ~~(1st)~~ not si in evolutionary scale given

Man ~~as~~ as Nature's sex cells (free to wander)

Orage discussed Norse mythological tree, Ygdrasil - all parts of which are beings.

Man is seed : 1/ Nature's objective and culmination
2/ free, falls from tree
3/ the epitome of all the life that has gone before

Chemically the unit is the atom.
Physiologically the unit is the cell.

We are terminal nerve cells of the planetary god and so responsible for his development. (Wonderful - like Jane.)

3 like all this about a cat and how always of accidents (!) in same way about animals & men "q's."

MAN CONSIDERED PSYCHOLOGICALLY

(October 22, 1929)

In all our four phases man's duty is to up-grade. The contrary is objective sin. We may consider the function of the race of man as bacterial - a collective transforming (~~transfusing?~~). Conscious co-operation with this cosmic process has the further result of aiding the individual.

In considering man psychologically we depart from the visible. But still we must discover a unit or our work will be unscientific, like ~~xxx~~ alchemy before ~~physiology~~ chemistry, or physiology before ~~Harvey~~ (~~?~~) discovered the circulation of the blood. *Harvey*

Chemical unit is atomPhysiological unit is cell

Psychological unit is impression. What defines man is the field of his impressionability. The external world is the totality of vibrations. Some of these, man cannot receive; others, he alone can receive.

It is man's duty to receive the impressions within his range in his three brains and to transform them to higher vibrations. The use of one brain by one, a second brain by another, a third brain by another, will not do, for then the Reconciling is not there.

Three-brained beings are designed to use their three brains in conjunction. This transforming process is really the evolution of the psychology of God. We receive vibrations that He cannot receive unless we transform the ~~rate~~ rate of vibration. The failure of the process is like the failure of the cells in our brain resulting in a lapse of memory. This is not fatal with God. He may have other ways of getting around it, just as ~~man~~ we may have a notebook.

Nature is a being whose function it is to create machines to do the necessary work. The three-brained machines are perfect. (1) They receive ALL the impressions within their range. But the being in the machine must transform them*. This is where the failure lies. The reception is mechanical - and perfect. But we do not transform to higher rates.

There are 3 forms of impressions. Our psychic life is this: we experience thought responses, emotional responses and conative responses. These are all passive. (This gives thought as to the meaning of voluntary suffering. We "suffer" impressions passively). These experiences build up our psychology. It is not growth, not evolution, but a coral structure, an aggregation, independent of the individual. (Compare the different methods of receiving intellectual impressions, the difference between knowledge and understanding).

Man collects impressions and excretes behavior like an earthworm. Like the worm he does not himself change in the process. He is unaware of his function. But if he co-operated he could change. For God is not a monster like sociology. Man has two purposes - one for God, ~~two~~ ^{one} for man. For the glory of God, and man's estate.

Man ~~has~~ H 24 operates within range 48-24. Planetary god is also three-brained but in another field. He operates 24-12. We receive impressions at the rate of 48 and should transform them to 24 ready for the planetary god. But we leave them at 48. The result is a mere mechanical aggregation, part Nature's and part sociology's. (Buddha called the soul an aggregate of conditions).

In transforming the process goes not by 24 steps from 48-24, but by 7 notes of the scale, as -48-44-40-36-32-28-24. The terror is that as in the

* If he wishes to make nature serve him instead of his serving nature.

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Strong statement - alchemists were doing 9-10 work, & scientists

over

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quantum theory a full note of the scale must be actualized or nothing is done. Thus a transformation (transforming?). Many are called but few are chosen.

There are four stages in the going from 48-24:

1. Egypt - do, re, mi. Mechanical man.
2. Desert - fa. Self-conscious man.
3. Promised land - sol, la, si. Cosmic consciousness.

Man as he is receives the impression of the two higher stages, but unconsciously. Do, is primitive man

Re, the great herd

Mi, the better, divided into two ~~tendencies~~ classes :

- 1, with a tendency, back to re.
- 2, with aspirations to fa. These have magnetic center. It is said that many wish to escape from do, re, mi, but have no aspirations to sol, la, si.

(?)
individual(s)?

Fa is arid. Nothing drier and emptier than to be aware of the physical behaviour of the body. Third stage : transfer of center of gravity. Impressions actively taken.

SOCIOLOGICAL MAN

What is the unit? The family. It is the smallest unit representing the interaction of man and society. There is no individual, therefore the family is necessary to provide the trinity which the one-sided man cannot represent. The duty of society is to develop individuals. The family ought to make the 1-sided man 3-sided. (Note St Paul's reference to the Father "from whom all families on earth are named"). Eventually the ideal form of state organization is anarchy, the temporary voluntary association of individuals for the accomplishment of specific purposes. Meanwhile considering that it is the instinctive center which is to be ruled, there are 3 possible forms of state organization:

1. Theocracy, as established by Ashiaté Shiemash (?), is governed by 4th center, by priests, real initiates, consciously recognized as superior in being.

2. Monarchy, government by a hereditary class, by the intellectual center, has the advantage over democracy of continuity. The king may have some sense of objective duty and compel his subjects to live according to it.

3. Democracy is government by the emotional center, a preponderance of wishes. Lentrehamap's proposal was anarchy - an absence of all control and pursuit of happiness.

On TIME:

Though the Eternal is changeless, all change and time, growth and evolution are contained in it as an abiding reality, whereas in our world-image we see them unrolled on the endless scroll we call Time. What we experience in our time-consciousness is but the ever-shifting section of reality which we term the present.

Thus our individual cycle of time, our evolution, is our experience of eternal Reality within the greater cycle of Time which is the experience of reality by the in-dwelling Life of our universe, but none of these cycles of time are objectively real, they are experiences of reality.

Eddington ("Nature of the Physical World") : "When I close my eyes and retreat into my inner mind, I feel myself enduring, I do not feel myself extensive. It is this feeling of time as affecting ourselves and not merely existing in the relations of external events which is so peculiarly

Characteristic of it. Space on the other hand is always appreciated as something external.

INCARNATION, REINCARNATION

"Reincarnation presupposes incarnation". Stress falls first on Incarnation. Is it a completed fact or a fact in process. Not yet a subject to a repetition until completed process. (G's method is a technique for speeding-up a process in activity - not to be identified with the process itself).

Not a process of "materialization"
 Not a process of "taking on a body"
 Not a process of "embodiment."

Whitehead : "It is a process of "concretizing".

"Coating" is Gurdjieff's word, provisionally satisfactory for word "incarnation". A more subtle word than any above synonym.

"As long as we have remained a sleeping passenger, the process is still taking place". (Orage continued the driver, horse, cart analogy; the owner (master), "I", asleep.

Forms of consciousness . . . Being . . . "Being" is incarnation.

Analogy : Tree, seed = reincarnation
 Leaves = incarnation

Orage says he used this - leaves - for recurrence as against reincarnation. Each succeeding leaf differs by totality of tree. Gurdjieff speaks of "blocks of essence" = the tree. Blocks of essence = human life, and leaves = each life. Leaves recur - not to be confused with reincarnation. But seed falls from tree and entire cycle is repeated = principle of reincarnation.

Gurdjieff. Everyone of us recurs. Not a reincarnation of previous leaf or a continuation - does not inherit any of the virtue or experience. Issues from a common essence - but no continuation of individuality. So - we only recur like leaves - no continuity of progress except as the (tree) human essence has undergone development.

Individual can pass from wheel of recurrence by identifying himself with another part of tree - seed, relative freedom. But mark oak to oak - type.

God is subject to 3 laws - the nature of His Will, Consciousness, Individuality (primordial, or existing from the beginning).

Next order of creation is under 6 laws : 3 laws of his own
 and 3 laws preceeding

Next order of creation is under 12 laws : 3 of its own
 9 of two series before (6+3)

(Hydrogen) 24 laws for us; 3 being the primordial laws for our being
 $3+3+9+9=24$ +3+6+9. (+3+9+9? Carol questions this as possible mistake in text).

If we were to pass from 24 to 12 laws, that is gaining relative freedom. 12-6 + 6-3 as far as we go.

"Time-tube" - Eddington. Concretize any cross-section of one's past or future, and every cross-section in time-tube remains constant. (1) with static pulsation; but there is also (2) dynamic movement. And any cross-section if understood, reveals the whole time, simultaneity, all that has been and that will be is implicit.

1st dimension of time = repetition without change - or constancy of any process.
 2nd dimension of time = movement in which change even small, or repetition in a spiral, takes place.
 3rd dimension of time = cross-section in which any changes are seen, or totality of tube, or whole sum of cross-section, or "timelessness".

(At another lecture Orage said first two dimensions of Time were 1, Succession and 2, Simultaneity, with a third to be added later).

Reincarnation = transfer from one cycle with potentiality of spiral, to another circle with spiral potentiality. Don't confuse Re-incarnation with single spiral which can either expand or contract.

Viewing a single slice or cross-section or identifying with a single slice of time-tube is to recur without progress. To identify with a slightly different slice is what many do - slight progress. To identify with totality. Our time-tube = totality of our essence.

(Cornucopia - old idea of expanding time-tube).

Time was first - the mother of space.

Space, smaller, is our field ~~for~~ (off) consciousness. There exists for Man potentiality of 3-fold embodiment, and to have fully actualized that potentiality is to be fully incarnated. The means is the "method".

Incarnate = take on flesh.

A stone is incarnated, a tree is can imagine. (?) (Word ruled out by G.) What word for this? When a psyche actualizes one of its potentialities as ability to manifest. Not manifestation. "Coating" - Gurdjieff's word, finally used = superimposition (electrolysis) upon a real object (psyche) not perceptible, which renders (makes) it sensible or sensibly perceptible. Converts it from the noumenal to the phenomenal (sensible or perceptible), but not from the subjective to the objective. The process of deposit is not the same as result of ~~deposit~~ deposit, i.e., mineral (petrified) forests = coating on vegetable. Coating - co-extensive with being - not peripheral (bounded).

Psyches go back into group psyche. ~~Diffused~~ Diffused, dispersed into its constituent elements. Does not reincarnate - enriches individualized psyches which arise later. We should say psychic matter. Until it begins to be coated we have no psyche which can be incarnated.

LAW OF ASSOCIATIONS

(January 13, 1930)

Observe only the end phenomena - overt behaviour contains ingredients of three centers.

Gurdjieff's "movements" (dance) designed as readiest means of access to emotional ~~center~~ and intellectual mental centers by way of motor (physical) center and = gospel for motor center.

This initiation of instinctive-center type brings about accompanying activities in other two centers. Tda type capable of being initiated in emotional center brings about sympathetic vibrations in other two centers. Third type - impetus to intellectual type - echoing stimulation of corresponding groups in other two centers.

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In waking state there is a magnetic tie between the three centers. This is broken in sleep. Sometimes this tie wears very thin, e.g., Hamlet - third center only. Near dream state with delayed responses in other two centers. Usual order is physical experience with two following.

Think of 3 spheres in each of which are the letters A-Z. If, for example, A be struck in one center it calls out A in other two (overtones). This is normal (usual?).

The Legomonists made art (artificial) in which three rhythms, e.g.,

A in one center
B in another
C in another

were played, each a strong experience affecting incongruous groups.

Removing conditioning = the independent working of each of the three centers while each is still magnetically associated with the other two.

Memory - three different keyboards of vibrations. All impressions are images. Images in each center (not visual). Image = power of recall or re-experience of anything that the three centers have already experienced. Becomes a perpetual activity and continues as long as the organism lasts.

Gurdjieff's example of the boxes, one within the other. Any impression received in first ☐ passes through and into the second ☐ and third ☐. = Blossom, fruit and seed, operating in simultaneity and succession.

So - ultimate seat of memory is (in?) center of psyche - middle box - mental matter.

Fields of memory = spheres in which impression continues to act as it originally began to act.

|| An atom of ether is simultaneously in all parts of ether at once. Psyche = an epitomized cosmic field = ideal form in which each atom of ether is both localized and eternal.

The Akashic (?) records (or cosmic memory) consist of field of cosmic ether?

The psyche is indestructible (with one exception - see Chapter "Purgatory")
The psyche = the material instrumentation of "I".

The psyche = both the form of the field and contents of the field. (Field of Ethernokrone; and has 3 Emanations - God the Father, God the Son, and God the Holy Ghost).

In any given psyche the contents of Ethernokrone ~~(?)~~ have 3 potentialities, but only in developed psyche are these 3 forms differentiated into centers and only when each center has become the root of a body is the psyche said to be a soul.

3 bodies : etheric = blossom
 astral = fruit
 mental = seed

Completed soul = completed seed.

The above 3 bodies, plus physical or planetary body, make Man what was ~~what~~ called quaternary in Pythagorean teaching - On this planet - instead of only trinity. (man 4-sides)

in Man The planetary body (modelled atom for atom on the etheric body) ^{translating} ~~reason~~ 4 4
for calling us tetartocosmos beings, ^{later meaning four} as it is necessary to have this kind of a body on our planet. 2. 2. 2.

The etheric body is the definitive body. The planetary body is ~~put on~~ put on it (patterned on it) and is the double of it. The etheric is the original. ("Coating" - Gurdjieff's electrolysis).

AIEIOINA (Remorse) (from chapter "Arch-Absurd")

(Psyche - crystallized essence)

"Djartklom" is the first peculiarity of the holy Okidonok. Djartklom - the process of scattering electricity into its 3 prime sources.

Ethernokromo (prime source substance) = primary matter from emanations from Sun Absolute from which all things are made. Basis for everything that exists.

LAW OF ASSOCIATIONS (continued) January 20

Impression newly arriving in center hitherto unoccupied has nothing to associate with. Simile - violin:

1. Bow is stimulus for impression
2. String is nerve tract
3. Violin is receptacle (or our body)

Tone is the impression deposited.

Nerve tract may be cut - illness, intoxication, etc.

Laws of association in each center are according to octave, but three centers taken as unity are law of Triamesacanno - as the three notes do sol do form octave of 7.

Negative impressions we call "deprivation" quality; not just minus quantity, but absence of quality. Related to + being and -- non-being.

FIRST LAW - law of contrast or polarity (+ and -). Electricity - polarized - center is now mopped out.

(Word dicotying (?) used several times. Can't find in Oxford) (Carol).

An incoming charge is modified by character of charges already in globe or center, which can be described as "swirls", but not chaos. Divided into hemispheres - swirls and anti-swirls.

SECOND LAW : Law of propinquity in point of Time.

THIRD LAW : " " " " " " " Space

FOURTH LAW : Law of Similarity of rates of vibrations - all positives, all negatives. Grouping of impressions per se in each center - same law as governs human units in society - basis of Gurdjieff's book. (All this (above) antecedent to the introduction of a new element or catalyst - not conscious, no superior agency or force.)

Similarity includes concordance (e.g., recognition of any major chord as major, also examples of words, etc.).

(Law 1 is Major law - refers to the whole - two hemispheres. Laws 2,3,4,5 - Minor - refer to single hemispheres).

FIFTH LAW : Density, weight, gravity, gravitation (consider this as regards tones, planets, notes in scale, etc.)

dicotying is nearest - a double cup-shaped hollow; a law with 2-sides below. (see hand, ante Carol. (the activity?))

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SIXTH LAW : Law of rising and falling. One impression or group of impressions is running up the scale, another impression or group of impressions is running down the scale. Will determine whether association of similarity is mementary or lasting - or whether it falls into dis-similarity. Development of center depends upon ascending order. Reciprocal feeding. Descending impressions ~~are~~ food for ascending impressions and visa versa. Complexity is also a unity, i.e., resultant from any orchestra can be taken by totality as one impression, a unity.

(Is b-flat absorbing a-sharp, or a-sharp absorbing b-flat?
Which is a higher rate of vibration?

NOTE : (Foote and Spalding's "Modern Harmony". Page 2 : F-sharp is higher in pitch than g-flat by a very small interval called "Comma of Pythagoras", which is about one-quarter of a semi-tone).

~~Question of vivifyingness.~~ Question of vivifyingness. Vitamins to food. (?) Vivify ~~one~~ organism.

All objects including our own physical body are materialized vibrations, and set in vibration by external objects according to the relations between them (plane accessible to stimuli of vibratory order from external world).

Where a number of different rates of vibration (ethernokrone) happen to cross each other, the point at which they cross is called Matter.

September 10, 1929

" I " and " IT "

"I" is forever unobservable and therefore "subjective". Subject can never be object. (Subjective can never be objective)?

Think of "I" as an emanation - it can never direct.

Whatever "I" can become will be by being aware of "It".

"I" is non-sensible, non-passive, non-receptive.

"I" is under the Law of Three: Individuality, ~~will~~ Consciousness and Will.

The reality which produces impression on "I" is expressed in the octave.

We see only so much of the world as "I" (eye) is capable of seeing. We

can also relate "I" to being. Being is the range of susceptibility of objective reality.

An adult is one who wished to separate himself from himself. This does not mean that an adult is fully conscious but he has simply entered into the state of the spiritual adult. A boy entering manhood is not a fully grown man.

Never while in the body does one reach objection or objective reason.

Carol puts a ? here). This is after the psyche is developed. While in the body the present only is possible. When "I" looks at the organism, God looks at "I". (We must be an equilateral triangle Δ , the same as God)

In the story of the Equipage, the reins are the driving pattern of images, the control of images. In which direction does the driver drive? The purpose of his driving is to carry the passenger. "I" is not in control. This is not the function of "I". The responsibility is with the driver. The driver is at the disposal of the passenger, is for the sake of the passenger. The driver is asleep - his motions are always at the disposal of the horse, and the horse is at the disposal of the cart. The horse is

(or owner of the equipage)

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not reined, but is bound to respond to the casual images of the mind - of the sleeping driver. Only when the cart is smashed does the driver awake (if then); until then he dreams that he is accomplishing his object, quite unaware that he is constantly frustrated and arrives at just where he does not wish to arrive.

Gurdjieff's Method applies to the passenger. The passenger wakes up when he realizes he is in an equipage. He next wakens the driver. Why an equipage? That the passenger may realize the meaning and aim of existence.

There must always be a means, a ship, a vehicle on every plane. The fore-ordained vehicle on this plane is the three-centered planetary body. The passenger, having taken the ship, goes below in calm and falls asleep through the voyage.

"I"'s work is not to harmonize. Harmony is a by-product of "I" agreeing.

"I" on one side, electricity on the other.

The communication of electricity (the whole of the external world) and "I" is the understanding vibrations. (Vibrations?) M.C.A. Not very informative SS.

"I heard a beggar yell and it was me".

"I" is sometimes awakened by accidental shocks but "I" does not remain awake except by use of the Method.

"I" is attached to "It" through essence.

"I" is a potentiality of essence. The function of "I" is objective - is objective knowledge.

Individuality is the consciousness of Will. Personality is the awareness of a wish. To be conscious of Will is to have individuality, to be aware of Wish is to have Personality.

I am equilateral when aware; any other triangle out of harmony. God is equilateral and therefore can only see us when we are aware.

"I" cannot sense, feel, or receive impressions. Body does.

In FIRST BODY we have instinctive reason.
In SECOND BODY we have subjective reason
In THIRD BODY we have objective reason.

P O N D E R I N G

Pondering is the neutralizing force. In the absence of pondering all impressions go into either Intellectual (positive) or Instinctive (negative) deposits and leave the Emotional (or neutralizing) center vacant. Pondering is the food of the emotional center. The difference between thought and pondering is that pondering includes clarity (thinking center) ~~and~~ with emotional element (emotional center) which is the seat of essence.

Pondering has weight and value.

Without emotion there is no value, only logic - weighing clarity against clarity.

Thinking octave : Sol = concentration
 La = meditation = 3 notes in thinking scale
 Si = contemplation

Question : What relation do meditation and contemplation have to pondering?
 Answer : None.

Our emotions are -at root - based upon our Being or Non-Being. Positive, expanded; negative, contracted.

Emotions : the thermometer of state of Being at the moment.

What is weighed in pondering as against what is weighed in thinking are our experiences of preference and disinclination in the emotional center; likes ~~and dislikes~~ against dislikes, pleasure against displeasure, relative to the criteria of Being.

Happiness can be described as the conscious experience of Becoming.

Pondering is nearer Being than anything that goes on in either of the other two centers (one and three).

N° 9 in scale of centers is the intellectual sub-center of the emotional center.

~~Am I~~ Am I creating those objective values that ~~I~~ I was created to create?

There are 3 approaches to knowledge of the aim of existence :

1. Values according to likes and dislikes. (Infantism). Emotional
2. Welfare of planetary body - state of being called existence. Physical.
3. Being - continuity of being - expansion - state of becoming - experiences of happiness (real), experiences of pondering. Related to permanence of Being.

Planetary existence related to trogloantoeogocrat value.

Being - related to God.

Essential element in pondering is the very center of Being.

(Gabnelli's (?) measuring rod = Where do I stand?

Blessed are they who have intense experiences.

PURPOSIVE THOUGHT

Higher mental center is so-called because it has the power to command and control the lower mind - our thinking center.

Purposive thought takes place in higher mental center. Result : more Being.

Purposive behaviour = purposive manipulation of body = playing rôles/
Called center of WILL (higher center). This controls the emotions which are result of external stimuli or reflex emotions.

NOTES on PARABLE

Parable is the language of mythical figures. (Beelzebub, Hasein, etc., are mythical figures) - conscious representation of a fully-developed 3-centered being. Their speech, natural speech, as opposed to literary speech.

Jesus spoke in parable.

Objects are then on 3 planes interchangeably. (Note our tendency to attribute added meaning (other than verbal) to those who seem to speak with some degree of understanding).

Allegory is the simplest form of parable - crude parable.

Parable can be read 7 ways (e.g., take "Secret Doctrine") :

1. psychologically
2. physically
3. chemically
4. astrologically
5. religiously
6. transcendently
7. ?

This then, complete, is parabolic form raised to its octave. Then it passes to oracle.

Scripture told in parabolic form because simple language does not change - lasts over long periods. Whereas doctrinal language ~~is~~ referring to things of higher plane is constantly changing value and cannot be explicitly or safely (because liable to change) stated.

Parable cannot be thought.

Swift's "Tale of a Tub" is a crude parable because every reference can be checked. Usually information does not help in reading true parable. Example chapter on "Bolshevism" (G's book) - rebellion of three centers is referred to but where is the evidence? Requires understanding.

Significance of allegory is topical, whereas the interest of parable is universal.

Question : What about the key?

What is the Bible? Thrown into the hands of group (the Church) supposed to have the key.

Meaning of word "testament"?

The gap (fa) between the Old Testament (do, re, mi) and the New Testament (sol, la, si) was the miraculous appearance of the Universe Incarnated (shock from outside). So narrative can proceed from history of Jesus (or genealogy) to the

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Parabolic account of the nature of man's development of first three centers is Old Testament, and nature of man's development in three higher centers is New Testament; and the correspondences 1, 2, 3 (Old)
5, 6, 7 (New)

St Paul takes myths from the Old Testament and translates them into meaning of New Testament, e.g., Hagar cast out daughter - symbol of pseudo-center, refers to it as allegory.

Jesus does the same - refers to Old Adam and New Adam.

The word "promise" seldom used in Old Testament. Had very special meaning and important use = exhibiting symptoms of potentiality.

Only historic plausibility in Old Testament, but, but don't take it as history - only allegory. But we can say: Old Testament = historical parable.
New " = psychological parable (miracles as text)

New Testament. It was characteristic of disciples to astound former companions by resourcefulness, illustration, apt example, etc. "He that shall practise this method shall find himself bringing out of his treasury things both new and old". (A symptom - embarrassed with riches of latent memory (memories?)).

What is the advantage of stating a method by parable, instead of by fact? Answer: Gurdjieff: "I bury the bone so that the dog, if he smells it, must scratch for it - and deep, so that with much scratching understanding comes". Method = "new sense of smell" (Gurdjieff).
= divining rod, or measuring rod.

G. also says "Plenty of keys in the book, but I never put a key near the lock".

Israel attempted to argue that Einstein was really parabolic. No, said Orage, purely symbolic language; not even language - a code.

Three-centers parable: horse (3), cow (2), goat (1)?
Allegory: the three bears - only a picture.

Example of trans-solar ships (first Gurdjieff book): ~~trans-solar ships~~ astral and spiritual to make communication possible outside this sphere.

Example: cart, horse, driver, passenger. Best of all parables. Orage dis-
~~missed~~ cussed use of reins, taming horse, etc. Plato speaks of charoteer, chariot, drawn by two horses, one white (positive emotions), one black (negative emotions).

Fairy tales begin to fill magnetic center of child. New fairy tales ("Alice in Wonderland" only exception) cannot compare with old. It is to be supposed that the writers had knowledge, cast it into popular language.

Allegory is a parallel.

Fable is not a parallel (because the original is distorted).

We are incapable of writing ~~parable~~ parable.

Old meaning of parable = "An earthly story with a heavenly meaning".
Content = cosmic truth. Instead of "heavenly" meaning call it "cosmic" meaning or universal truth, facts of objective kind; if less than that, it becomes moral or scientific, etc.

Story told on instinctive plane must have its emotional and intellectual counterparts.

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Referred several times to Wagner, who has written eight or ten volumes of prose, including his own dramas to all the operas. "The Ring" elaborate allegory. In all he shows himself to be a sentimental moralist of the worst ~~sort~~ sort. (Read Nietzsche's "The Case of Wagner"). The allegory is so bad that his music must be equally bad (aroused a fury!) Bombastic, sentimental platitudes - almost infantile.

Music weighed like literature. Two things : Content, as stated in terms of prose.
Form - pleasure of its poetic expression

Shelley's own comment on "Queen Mab" is as intelligent prose as the poem is a poem.

Swinburne - infantile
Joyce - disease
Stravinsky - very bad

Bach (2), Palestrina (1), Beethoven (3)

Blake's "prophetic books" are not parable. Spoke of Saurat (who wrote "The Three Conventions") - new book on Blake's mythology, in which he traces it to its sources in Swedenborgian religion, which was Blake's religion.

.....

BEING refers to status of octave as a whole.
EXISTENCE refers to the movement up and down the scale.

Evolution = actualizing of potentialities
Involution = v.v. (?) potentializing of actualities.

MAJOR SCALE = scale in which totality of objects or beings is represented.

EVOLUTION - INVOLUTION

do = megalocosmos
si = Sun Absolute
la = all suns
sol = sun
fa = all planets
mi = planet
re = organic kingdom
do = man

Other Octave. Down:

| | |
|--------------|-------------|
| man | (Is matter |
| monkey | for |
| vertebrate | science, |
| invertebrate | and of less |
| vegetable | interest to |
| mineral | system) |
| metals | |

Can be various octave diagrams - each differs according to subject of interest (do). If it is MAN, he is do, and not mi, as in a different frame of reference. But we are always talking about the same phenomena. Gurdjieff method : Man's interest in himself is the first premise. Man = do.

Two things about the Togoafteogokrat :

1. Its maintenance.
2. That maintenance, or progress, subserves its development.

When expert in the method, one can enter into one's instinctive center and discover a replica of the organic kingdom.

Question : Where do we now stand?

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Addington : "Science and the Unseen World", page 20 (or 70) :
 "The most flawless proof of the existings of God is no substitute for it; and if we have the relationship the most convincing disproof is turned harmlessly aside".

SECOND SERIES :

"Remarkable persons whom I happened to meet during my preparatory age, and who, somehow or other, voluntarily and involuntarily, were 'vivifying' factors for the complete formation of one aspect or another of my present individuality".

Chapter III. "My Father" (inscription for his grave) :

"I am Thou
 Thou art I
 He is ours
 We both are His
 And all will be
 for our neighbour".

Chapter IV. "My First Tutor". Father, Dean Borsch of Kars Cathedral, said :
 "In order that at responsible age a man may be a real ~~man~~ man and not a parasite, his education during childhood must be without fail based on the following 10 principles. From childhood there should be installed in the child :

1. Belief in receiving punishment for disobedience.
2. Hope of receiving reward only for merit.
3. Love of God, but indifference to the saints.
4. Remorse of conscience from ill-treatment of animals
5. Fear of grieving parents and teachers.
6. Fearlessness toward devils, snakes and mice.
7. Joy in being content merely with what one has.
- 8.. Sorrow at the loss of the good-will of others.
9. Patient endurance of pain and hunger.
10. The striving early to earn one's bread.

Chapter V. Bogachevsky - later Father Eolissi of the Essene Brotherhood -
 said : "Objective and Subjective Morality". Copied elsewhere.

Chapter VI. Mr. X or Captain Pogassian ("first comrade and friend of my youth"). " said : "I do this because I like work, but I like it not with my nature, which is just as lazy as people in general and which never wishes to do anything useful. I like work with my common sense." "Please ~~remember~~ always bear in mind", he added, "that when I use the word 'I', you must ~~not~~ understand it not as the whole of me, but only my mind. I like work and have set myself the task of being able through persistence to accustom my whole nature to love it, and not my reason alone. Further, I am really convinced that in the world no conscious work is ever ~~manix~~ wasted. Sooner or later some one must pay for it. Consequently if I now work in this way I achieve two of my aims. First, I shall perhaps teach my nature not to be lazy, and secondly, by this, I wish to secure my old age. I also work so, because one's only consolation ~~in~~ in life is to work not by compulsion but consciously; that is what differentiates man from a Karab... ?
 ass, who also works day and night".

Chapter VII. Abram Yeloff. "It is not a question to whom a man prays, but a question of his faith. Faith is conscience, the foundation of which is laid in childhood. If a man changes his religion he loses his conscience, and

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conscience is the most valuable thing in man. I respect his conscience, and since conscience is sustained by faith his faith and his faith by his religion, therefore I respect his religion and for me it would be a great sin if I should begin to judge his religion or to disillusion him in it, and thus destroy his conscience which can only be acquired in childhood".

Chapter VIII. Prince I... Linbovedalsi (?) (includes account of Vitviskaia and Soloviev and beginning of Prof. Skridloff - archeologist - on trip to Gobi Desert where Soloviev was killed by wild camel.

Chapter I of Book II. Ekkin Bey.

Chapter II. Peter Karpenko.

Chapter III. Professor Skridloff.

Steiner : "An Outline of Occult Science"
"A Knowledge of Higher Worlds"
"The Story of My Life" (ends 1912; died 1925)
"The New Art of Education"
"Lectures to Teachers"
"Essentials of Education"
"The Education of the Child"

Occultists believe in 3 kinds of clairvoyance : 1. Hereditary
2. Karmic (transmitted from our own previous incarnations)
3. Conscious.

Rudolf Steiner claimed karmic clairvoyance.

Delphic priestesses or pythonesses had clairvoyant gifts.

The Five Facets of the Mind

(Five ways in which Gurdjieff's book can't be read). For :

1. BEY POWER. We read to extract a "method", support for our arguments, etc. Not to get at truth.
2. MENTAL (Critical). Newspaper. We compare with everything we have heard before and reject everything that does not conform. This facet is scribbled over so that the truth can't go through.
3. MENTAL (The position of the esoteric scholar, G.R.S. Mead). Accepts, but merely to compare with other systems.
4. EMOTIONAL, AESTHETIC. Looking for purple patches.
5. EMOTIONAL (Wonder). Become as little children. Here the truth enters so that it appears as though nothing happened.

(To attain 5 the book must be read aloud. In reading aloud we cannot avoid 2. That is why Catholic Church permitted the Bible to be read only in church). (I think there's a mistake in this note. Makes no sense to me. - M.C.A.)

~~CHAPTER on ART~~

CHAPTER on ART

Music now creates mechanical associations in one single center only, the center which chances to dominate at that moment (where your center of gravity temporarily is), but may vary at another moment-- ~~the~~ same music call forth another response in same being. Perhaps only an emotional sub-center of instinctive or intellectual affected.

The artist pulls one step at a time.

Babylonian sacred melodies - as if sounds entering in combinations were afterward sorted out - all equal intensities, producing 3 quite separate promptings (or manifestations?) = jed . . . ?), e.g.:

- third center - joy (intellectual sub-center)
- second center - sadness (emotional sub-center)
- first center - religious posture (instinctive sub-center)

- 3 influences simultaneously combined by a melody.

(This note impossible to understand without having read his Art chapter, and even then not clearly stated, to me. - M.C.A.)

The COMMUNICATION of FORM-THOUGHTS

(Mr. Brown's notes)

There is a certain grammar of associations - thinking in words and thinking in forms.

A verbal thought by definition is one which can be formulated, that is, it can be accurately expressed in words. In fact, the verbal thought really is nothing more than the formulated word-pattern and so of course is directly communicable.

The formulation of a verbal thought may be illustrated by the analogy of painting. On his canvas the painter can make a direct reproduction of any surface pattern. It is only a matter of care and technique. Also a verbal thought can be reproduced in words it is a plane surface. It represents the pattern by which the thought process moves from point to point by suggestion.

A form thought, on the other hand, cannot be directly reproduced in words, because it is something more than a plane. It is not a mere locution (?) but has actual substance and dimensions. It cannot be adequately reproduced by a verbal pattern, just as a solid body cannot be reproduced by the lines upon a canvas. Where in painting it is attempted to represent a solid body, a conscious convention is used, whether ~~distortion~~ distortion (as in the case of the Egyptians), or perspective, or the use of planes to represent solids (as in the case of the so-called moderns). So also words can be used merely to suggest a form-thought; never to reproduce or embody it. Our error as hearers lies in conceiving that the words used to represent a form thought are intended to be a direct embodiment of the thought and not merely an indication of its presence.

The added dimension of the form-thought is due to the fact that a form-thought represents something more than an intellectual process. The emotional center must be engaged. There must be an entrance of being into the process or the thought remains merely intellectual or verbal. In thinking in forms, the thinker does not merely ruminate about something, but he actually places himself emotionally in the thick of the situation. He dramatizes. The thought does not remain a mere hypothesis or intellectual conception. It becomes real. The difference is between thinking about something and thinking something.

The fact that a form thought, a thought of real substance, cannot be directly expressed or communicated in words is very well illustrated by the reaction of the group to the attempted formulation of the ideas implicit in the book. For instance, in the lectures an example was given of pondering on the subject of Creative Imagination. Although the words used in exposition were extremely precise and explicit, when the group later came to discuss the incident, a substantial proportion was of the opinion that the exercise in question was not pondering. The most careful use of words had failed to express the reality of the thought. It was noted that the group's difficulty was found primarily in the query whether pondering must be related to experience or not - a purely verbal distinction. Some members were of the opinion that pondering must not only be directed to the meaning and aim of existence, but that it must be related to experience. The failure to realize that pondering is not related to experience but is itself experience, shows that the careful words used had been totally inadequate to engage the emotional center and effect a real understanding of the thought.

This came to me at every moment when I asked you to write a treatise on Evocation.

So in general the group discussions have disclosed wide differences of opinion as to the verbal expression of the most fundamental propositions, even after the ~~most fundamental~~ precise explanations repeatedly given. If it were at all possible to give verbal ~~expression~~ expression to substantial thoughts, certainly enough skill was used in the exposition and enough attention was paid in the hearing to have affected a far greater degree of uniformity than actually resulted. It is significant to note that when differences arose they were ~~usually~~ rarely resolved by a formulation quoted directly from the lectures. When, on the other hand, a incident in the book could be adduced with a direct bearing on the point ~~at~~ at issue, that almost always cured the difficulty. This may be taken as a sign not that there was a complete failure to grasp the ideas, but that words are inadequate a means of expressing the ideas. In other words, a real thought must be grasped directly or rather it must be entered into. It cannot be embodied in words. It can only be talked about.

If then it is impossible to formulate a form thought in words, how can it be communicated? Of course this may be accomplished through art forms, such as painting, etc. But discarding these, let us consider some possible methods of communicating form thoughts by words, even though words are incapable of reproducing the thought directly.

Gurdjieff's book is an illustration of the first method. (Something must be missing here). There is no attempt at a direct formulation of the ideas behind the book. The words are used consciously as an intellectual shock whereby the emotion is aroused, so that the being is sufficiently expanded to assimilate the thought or idea. This result is accomplished even though the immediate ideas actually formulated in the book may be rejected intellectually by the hearer. This is the method of parable. It is the method employed by great teachers again and again. It is the method of Jesus. He never attempted to formulate his idea of the Kingdom of Heaven. He merely indicated the idea by parable and it is stated that "without a parable He spoke not unto them". In other words, He understood perfectly the inadequacy of direct formulation.

Another suggested method of communicating a form thought, or of indicating its presence, is the method of the literature of simultaneity. This technique recognizes that a thought has substance, is a solid, is an organism. It attempts therefore to represent in simultaneity the various aspects of a thought and thus to attain more versimilitude than is attainable by merely painting one side of the thought, as is done in ordinary literary forms. Basically the method of orchestral literature is the method of paradox. What paradox does in a n epigram, orchestral accomplishes by the actual simultaneous production of the necessary number of voices appropriately placed. Preliminary attempts at the use of words in simultaneity by the experimental group has appeared to be fruitful, and it is believed that further experiments along this line on a more developed scale would bring large results. As a matter of fact the recent group discussions were nothing more nor less than unconscious exercises in simultaneity. From the various formulations, antagonistic and erroneous, and expressed almost in simultaneity, the hearer might make out the form of the underlying thought. But he would never ~~reach~~ reach the thought if he relied on any of the formulations as its embodiment.

A third method of communicating a form thought or the presence of a form thought is the Sutra method, employed particularly in Indian literature. This method avoids imprisoning the thought in the words employed. The words indicate the presence of the thought but do not confine it. The

#2
January 2 1936

New Year with Gurdjieff.

I want to tell you about it just the way it happened, because seeing him made the day for me, and perhaps will make the year. Gloomy yesterday and rainy, I had no feeling it was the beginning of a New Year or the beginning of anything for that matter. Mi-chemin with every one of my problems, yesterday was just Wednesday, no different from the previous day, Tuesday. I phoned Solita, she had to go to his house around 1 P.M. - but I said, Maybe if we tried to catch him in the Cafe de la Paix, I'd have a chance to see him too. Solita said, Yes, but I'll need a half hour to dress etc. . . . then I haggled. But

in a half hour perhaps he will have left the cafe (been leaving before noon these days) and we'll have the trip for nothing. . . back and forth haggling and debating, no direction, no Action anywhere (in me, I mean) and finally hung up deciding not to go to the cafe. . . . Then upstairs in my room, walking around aimless and indirect. Some of his chapters walked back and forth in my mind - remember the "gallery" chapters, people who were "turning points" in his life and how he travelled days and miles to find them? Prince Liubovedski, Skridloff, etc? Remember the 21 day ride through Turkestan, blindfolded, when he went to a monastery where he thought he might hear something? I thought of those chapters and suddenly the shocking shame of my attitude came over me - me, unwilling to take a bus ride to the Opera on mere chance that he would be in the cafe, unwilling to give up half an hour and 3 bus tickets on the CHANCE OF SEEING G -

I was out of my work clothes in 3 minutes, 2 minutes later dressed and going out the door. It was just 11 when I walked in the cafe. He was sitting there, alone. I sat at a table near, waiting until he would see me. His eyes examining every person who came in the cafe found me quickly - Crocodile, he called - and I went over to his table - straight into the most beautiful smile I ever saw. I felt his mood, friendly, glad for company, and touched with a special kind of gentleness he has on holidays like Christmas and New Year - it was the Perfect Moment to find him alone, like the first time I found him alone after Jane left. . . and I was so surprised that at long last an impulse had been correct, I kept saying to myself, Well, Katie Hulme I beat your inertia that time, I put it over on you, Katie Hulme. . . . and felt near to tears - just for the emotion of having made Katie Hulme do a right thing at a proper moment. Tears of victory maybe.

And how your New Year? he asked. No party last night, I said, No feeling of holiday, yesterday like any day, Then One (Alice) and myself go home eleven o'clock. He teased me for not being able to make something on New Year. I have beeg party, he said, beeg party, many people, and champagne, veritable champagne. (Solita had seen one mangy little bottle of champagne in his house, but he was making his story beeg) Then he told me how his Fontainebleau nephew "met a beeg year" having a breakdown coming to Paris from Fontainebleau and not getting into Paris until 10 A.M. New Year's Day - and how he sent his nephew right back to Fontainebleau for a task - laughing and saying idiot, idiot, he meet beeg new year. Then we were silent a long time. Then he said - Ach, holy day - idiot day, look all those people (in street) asleep - once could make something for holy-day, now nothing. Ten year, twenty year ago - holy-day

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was eemportant day, could FEEL holy-day, New Year Day people could MAKE something, could make beegen new thing. Now no more. All dies - all this (indicating the drowsy few over coffee in the cafe) all this die too. There again he struck the what I call world-note, remember a crayfish night when he talked about the reciprocal relations of Individual versus Society, but he didn't call it that. You hear that world-note often these days when he talks, the dead weight of the universal idiocy that drags us all down. . . .

Then more silence, then What you do now? he asked. Work, I said, Still same book, not finish yet, not important work (I meant there - not for any Being purpose of mine) but I make exercise of it, I work, I make exercise of my work. No good, he said, You make exercise, spend energy, and it bring no good. Even making exercise of Concentration? I asked. Yes, even concentration, he said. Leesten, I tell you something, leesten, this important - you make exercise of all these things, you spend all energy and have nothing left for self. Must know HOW make exercise of things, then can build something for self at same time. How you do it bring no good - only leave you feemish each day, nothing left for self. Once you learn HOW make exercise, then can continue aftomatically (automatically, remember?!) - like Canary, you see leetle change there? I told him I saw a beeg change. No, he said, not beeg - I just tell her how do one little thing, how make one little exercise, she have 7 parts, just say for example 7 parts - I make something for ONE part, she have 6 parts must do for self, if CAN do, then can build something for self - once she learn HOW do, then can proceed aftomatically in her. Then will see beeg change. . . .

So that my darling was my New Year. It's the Last Clod cut away from under my feet. And I like the feeling. You know how we've talked of Effort, of Making Exercises of all our difficult tasks, etc - but you see, NONE of it, not even an effort that cracks the 3 centers, can be of any use unless you know HOW to make it, and that knowing has to be TOLD to you by one who knows. There is NO knowledge of that kind springing spontaneously in the human brain. All this back-breaking effort, if not done with self-observation, does nothing more but wear you out, reducing you simply to the "planetary manure" for which use most of us are doomed. I suppose when he took away my last clod, I should have followed it up and asked him to give me one thing, one beginning clue about how to make effort and save something for Being at the same time. . . but I couldn't. I don't feel ready for it. If I HAD asked he would have known I was just "philosophizing" and wouldn't have told me anyhow.

There was silence again. Then he said, looking at clock, Twelve o'clock I must go home, but must do something on way home, cannot remember what must do - ach, my memory go these days. I know I must do something - but what is, cannot remember. Have TASTE of it (he touched his tongue) but cannot remember. He concentrated. Then he said, It is something in life. You know, when I heard that - something in life - I felt as if he were light-years removed from me. . . something in life, he kept saying, a Being from the planet Karatas trying to remember some idiot business he had to do among the 3 brained beings of the planet Earth. It gave me the strangest feeling I think I've ever beside him. A few moments later he had forced

PRESERVATION PHOTOCOPY: ORIGINAL MATERIAL RESTRICTED

3

Jan 2, 1935

He had some more merry moments. He looked at me, nodded, said Knachtschmidt & Company - perfect correspondence for you. You KNOW Knachtschmidt? he asked. I laughed and said I remembered how he used to call ALL of us Knachtschmidt & Co. when he wasn't calling us church-mowuss, and then I asked him exactly what it meant. Knacht - he said - and tore at his clothes - no clothes, he said, How that word English? Naked, I said. Yes, yes, Naked. . . . Russians say Knachtschmidt, very funny how they mean it. Example - many peasants with no shoes come together in group for company, wish make something together. Knachtschmidt & Company. . . he laughed. . . . perfect correspondence for you.

The more I looked at that analogy during the day, the more perfect it became! Barefoot, stupid, poor, coming together for company to MAKE SOMETHING. Well, at least, THIS peasant knows enough (sometimes) to "come together". . . .and sometimes something is "made", too! But I feel from the way he laughed that he likes his Knachtschmidt & Company that used to come together to make something in room #6.

Gordon came in the cafe then, he had to speak to her for business. I got up to leave, thanking him - I said, You have made my day, Mr. Gurdjieff. How? he asked, How make your day - idiot, all I do is disillusion you (I wish I could write out how he said disillusion!) You mean about effort and exercise, I said. Yes - I take all away from you - how then make day? He "twinkled" at me. He knew damned well he had made it for me.

Solita came to the cafe then. He invited Gordon and myself to go to his house for lunch, with Solita. Small things left over from beeg party, he said. The "small thing" was a 4 gallon pot of soup, an enormous plat of roasted grain of some sort with grapes and apricots and god knows what else in it, bear meat, cheese and yoghurt which he had made himself and then platters of loucoum and apricot paste in strips and fruits, etc - so much that I couldn't eat but half, and he picked up a plate I had tried to hide, some kind of baked rice and meat, and said, You know how much cost make that dish? One hundred francs - and now you have defiled it. . . . must eat, he said, or if not, then must take home with you, because anyhow I put you down for one hundred francs, owing me. . . . There was a new tablecloth for the holidays, and a Russian woman doing kitchen work so we had no dishes to wash, but could listen to his music afterwards. . . .and I was so glad to "be back" I became quite "psychopathic" within myself, with my emotions manifesting wildly. . . .

We left at 3. At the door he said, in return for our thanks. . . . You see, Gurdjieff New Year not tail of donkey. A short paunchy man in suspenders and dirty carpet slippers with a most beautiful smile. Indeed it was not tail of donkey!

in October
1935

BEYOND BEHAVIOUR

I

Gurdjieff's Butterfly

The term 'psychology' - Greek derivation. 'Psyche' and Logos' - knowledge of. . . Psyche was name ancient Greeks gave to Soul. Soul imaged as a butterfly.

Review salient features of butterfly to understand, what - if anything - the Greeks meant. Formation exemplifies a numerical regularity - number 3 its basis. Butterfly divided into 3 parts - head, thorax, abdomen, each - in turn divided anatomically into 3 parts.

Life history. The egg on the surface of the leaf. Hatching, eats shell, eats leaf under it.

Next, larva moults, sheds skin, grows another a bit too large. Voracious feeding. The larva repeats performance four times; on fifth moult, attains full larva size. It has increased in size, taken on more active color protection. Entire life so far just feeding and adaptation to environment; no reciprocal effect on environment.

On fifth moult, caterpillar spins silken web. Once more its skin splits, larva enters web, shrinking. Now a true chrysalis - a small cone-shaped object hanging point downward from leaf or beam.

This chrysalis is neither larva, caterpillar nor butterfly. A definite transition stage. Hard outer shell, within a formless creamy fluid without structure, containing nuclei. Curious happening - sometimes the outline tracing of the creature to be appears on shell tho the liquid molecules of super-protoplasm within are still entirely formless.

At length, with no feeding visible from without, the chrysalis emerges. It is a butterfly. The overwhelming character of transformation that has taken place might be likened to a horse that had drawn up legs and tail, rolled off a jetty to live henceforward as a whale.

II

"Bigger and Better Men" - We hear of the break-up of civilization, of need for b. and b. men. General idea is that education can produce them.

Men can be divided into 3 main classes or types - the practical, athlete or man of affairs; the aesthetic, artist or religious; the intellectual, scientist or philosopher. A small degree of supremacy in any one of these fields militates against the other two. The greater excellence he exhibits in one, the greater his prejudices against other two classes. Thus, no one kind of eminence is of much avail to society for its current problems - all to real. "Big men" appear, but they can be explained mechanistically - i.e. reciprocal action to environment.

Trend of modern psychology: there are broad facts impossible to deny.

Wm. James; conception of 'stream of consciousness' as a single dynamic flow; his theory of emotion - the blend of all internal physical sensations is the emotion.

Hoffding (Danish); theory of 'will' "Conscious decision takes place when an unaccustomed situation must first be met, successive repetition gradually brings about less and less involving of consciousness until response becomes habitized reflex.

Würzburg School: investigation of so-called higher thought processes. There are elements in consciousness which are neither sensation nor feeling. These non-sensory states are called "attitudes".

Titchener: ~~maintaining~~ maintaining that imagery once established, eventually thins out but remains as a trace

in all thought processes.
Gestalt: serious attack on whole position
of analytical psychology.
Maintained not only that external
stimuli must be treated simultane-
ously in toto, but that reacting
organism also presents to investiga-
tion a functioning whole which
likewise, as a whole, determines the
separate functionings of its constit-
uent members.

The conflict as to possibility of "imageless thought". Can thought be carried forward in the absence of all imagery? Introspection must then be a tool. By the nature of the process there exists no means of knowing whether or not a man is capable of introspection. Who can see within him, check his statements against possible self-deception?

Watson: Behaviourism; asserts the whole sub-
ject of images a futile ground for
research, technique of animal psy-
chology must be transferred to human.
Denied authority of introspective
opinion ~~of any research~~ - of any research
to be called scientific which did not
include those objective measurements
which could be reproduced and verified
anywhere.

"Unconditioned response" - at birth
exist in us a small number of organ-
ic nerve pathways which are prepared
to conduct stimuli through the organism
and return it to the world as the
physical behavior.

But these few unconditioned responses
begin immediately to be modified.
Baby once knocked down by dog - soon
the visual element - sight of dog
alone - suffices ~~to provoke~~ to provoke
the now "conditioned response", fear.

"This simple process of conditioning has
been employed to account for all
our most complicated, habitized be-

haviour, even in so subtle a matter as language and speech, and is confirmed in these cases also by experimental evidence.

The picture of the human being. "A man then, says psychology, is a biological product of three interacting systems, the ordinary muscular, the visceral and the cerebral. These structures, having developed physiologically in the embryo in the above order, at birth begin to be filled with content in the shape of nerve modifications, muscle adaptations to particular stresses, permanent and semi-permanent tensions and so on. The body consists of just these three large muscular systems, of which physical movement and sensation are the response of the first to environment, emotions are the various changing strains in the unstriped muscles of the second, and what we call thoughts are the changes in the third which, like the other two, is also a muscle".

The three systems are inter-connected in the organism and a series of reactions in one always coincides with some series in both others. These coincident responses are almost never congruous, they are chance-joined events. Consequently the associations, instead of being aids, are interferences.

Thus, a man cannot think without suffering the intrusion of feelings, etc, etc. Immense waste and friction. There is also a tendency of the 3 systems, a struggle to make the organism act ~~xx~~ in such a way as to relieve the wishes (tensions) of the other two, even at their expense. Since one center is always stronger than the others, here is explained the appearance of 'types' - the athletic, the aesthetic, or the scholarly.

How then can a machine of 3 interacting mechanisms improve itself? Any attempt at improvement is doomed to intensify one element in our make-up at the expense of the other two - (remember the organism reacts always as a whole)
There is no way.

III

The dilemma. With the considerations of behaviourism, we reach a cul-de-sac. For if this interorganization of thinking, feeling and physical action must always proceed in a vicious circle, what avenue of escape lies open to man, all of whose activities are comprised in those categories?

Our civilization must head toward eventual extinction.

Not so calmly can we shrug away the problem of our single destinies. We are practically defenseless against environment. Where shall we be in death who cannot so much as consciously exist through ordinary sleep?

The age-long dream of a soul - is this a loop-hole of escape? With this dream we must do the one human thing that sets us off from animals; namely, submit it to stern objective test, not of the emotions but of reason.

The hope for a soul, pervading all ages and religions, is only emotional wish-fulfillment. Nothing proves we possess a soul. It must be worked for, perhaps?

The saint, the ascetic, the yogi, they are all, equally with each other and with the rest of mankind, automatic. Even their most striking distinctions are demonstrably the play of environment upon a given mechanistic structure.

LAW OF THE OCTAVE. There is an ancient tradition in the East to the effect that the widely known diatonic scale (do-re-mi-fa-so-la-si and the next repetitive do) was originally not associated with music at all; but was a mathematical formulation, in respect of sound, of that series of phases through which all action physical, psychological, or of any other category, must pass either upwards or downwards in the phenomenal changes of nature.

In Physics - the periodic table of elements.

The wave theory of electronic vibration, called Quantum.

The seven primary colors of spectrum constitute one octave.

In Astronomy we know there are 8 major planets

in our solar system.

In Psychology: the puzzling phenomenon with regard to process of learning.

"Curves of learning" exhibit peculiar variations in their rise - ceases periodically to rise, continues for a period horizontally ("plateaux") This might mean the original psychological energy applicable for the learning expenditure carries the process over the first 3 stages, the notes do-re-mi, at which point the semi-tone stage is reached and a fresh supply of energy is needed to pass over and beyond that different psychological period.

"And it may be that in our individual growth we, as human beings, have passed through our first three stages and are stalled at the interval fa of our individual octaves. Certainly we have acquired by growth three distinctly separate, yet continuously bound-together functions, namely physical action, emotion and associative thought. Conceivably these might be, in the full octave of human functioning, the notes do-re-mi; we have run through them and are now at the last, which incidentally is the position of our planet in the octave of the solar system."

What then is to be done? . . . since all our behaviour is demonstrably comprised within the categories of mechanically habitized action, emotion and thought, no more of any of these will suffice for our necessity, whether or no they take the form of religion, philosophy art or physical culture. It has already been pointed out that all known and even conceivable reforms must operate through, and in fact be, one of these first three functional activities.

A way must be discovered to elude this hopeless automatism.

IV

PSYCHOLOGY OF THE FUTURE

The Only Way of Buddha. We see immediately that this impersonal observation of the three automatic functions of our organism as objective facts (entirely as objective and unrelated to anything properly called ourselves as is any other mechanism of nature, such for example as the ocean tides) is precisely a fourth possible activity for human beings.

This process is not a physical action, nor an emotional activity. Neither must it be thought.

The valid distinction between being/conscious of something and thinking about it is the significant thing here. It is also plain that for each of us the field of observation is confined (certainly at the moment) to our own bodies. We cannot be directly aware of a cool breeze, but we can be conscious of the physical effects produced by it in our bodies.

Thus we conclude, upon consideration, that we are dealing here with a real fourth activity, differing from the other three at least equally as much as they differ from each other. It is not physical action, it is not feeling, it is not thought. It is awareness.

We do not convince ourselves by logic that our hands are resting on a hot stove; we are aware of it. In fact long before there has been time for thought-formulation on the subject, our arm muscles have contracted reflexly and the situation been met. Now it is suggested that we be aware, not of the stove, but of the reflex, and not for the purpose of changing or guiding it, but just to be aware of it as of any other movement in nature. Between us and all external environment is interposed this automatic mechanism, our body, and it is solely through that as a medium that we are able to perceive anything of outside reality at all.

Here is the means whereby "I" can begin its existence as an entity, can conceivably achieve a meaning which is real. Assuredly "I" cannot at once, if ever, aspire to the control of this complicated organism behind which stand millions of years of biological and sociological history. But "I" can at least maintain from the outset an occasional brief, independent existence in just this way: "I" can observe, in the sense of being vividly aware of, the contemporary actions of the powerful machine, the body, to which it finds itself unaccountably attached.

We have an unexercised faculty by means of which direct knowledge of our own body is obtainable. This is Whitehead's "Prehension" as distinguished from our ordinary "apprehension" of external objects. Do we normally exercise this activity? We do not; it has never even occurred to us. But can we? Most certainly we can. It is a human possibility, rusted perhaps from disuse.

Supposing this activity to be initiated, what would become of the impressions resulting from our detailed awareness? Just as sensations are received into the physical-muscular system and form its content, so these impressions we may imagine, will commence to fill another physical system with content (Jane's fourth room?) - thereby eventually actualizing it, i.e. enabling it to function. (Modern science finds only three systems in the human organism, but modern science is young. It has just found glands of interhal secretion)

Nor is it remarkable that our hypothetical fourth system remains unknown to science for unlike the glandular system it has never functioned since it lacks all content in the form of impressions. Nothing has ever been put into it. How can anything come out?

There is a very extraordinary feature about impression-producing awareness. It is absolutely different from the processes which occur in the first three systems and which, if they are made sufficiently habitual, can proceed as we say subconsciously.

Those who attempt to collect impressions of their bodily behavior soon discover that this process cannot become a habit. Equally with the first impression, the ten-thousandth or the ten-millionth must be consciously taken. In fact, it is a permanent characteristic of the activity that it must of necessity always include the attribute of consciousness. Never can it exist apart from that active component.

And it is further to be noted that there is no necessary interference on the part of the activity, in what is otherwise happening in the organism. To be aware is simply to observe impersonally and objectively. It involves no meddling with other functions and no proposal to change what is being observed, for this would defeat its own object which is to see, not what might or should occur, but what in fact does occur.

Its function is comparable perhaps to that of catalysis in chemistry.

Self observation, undertaken with no effect in view, produces nevertheless an effect if it lacks all tutorial purpose. Personal awareness tends to reduce immediately the extent and intensity of the constant interference between the other three systems. This appears to be the effect of awareness upon the organism, so much more powerful is the energy made use of by our fourth, conscious system than the automatic energies distilled and scattered by our ~~first~~ three, nature-engined ones. The saving of energies ordinarily wasted through interference is one of the first noticeable results of the process.

V

THE OLD NEW METHOD

Toward the construction of a technique:

At the very outset the gravest difficulties are to be encountered. There is in each of us a conservative party so powerful and so strongly entrenched that until we have experienced the subtlety of its devices we can form no adequate idea of its strength. For we soon find that in dealing with our own bodies the dethronement of prejudice is well-nigh beyond possibility. And yet this is just what must be accomplished. How can we acquire any true knowledge if all our basic observations are to be warped by a predisposition in their making?

Again we shall find that this innate prejudice regarding ourselves has its obverse and reverse sides. There will be at first a tendency to admire the complexity and apparent smoothness of operation of our machines because they are our own, and then also the temptation to criticize certain defects and awkwardnesses which tend to disparage our possession. Above everything these attitudes MUST BE AVOIDED, as exactly the reverse of scientific. Our awareness, our observations, must be purely objective, for the actualization of "I" is achievable from no other standpoint.

"I" cannot be responsible (since it exercises no control) for an objective mechanism of nature's. To be betrayed into a responsible identification is to fall from the position of "I" back among our introspective thoughts and mechanistic wishes.

How shall we begin? Perhaps by classifying our body according to typical muscular, visceral or cerebral dominance habitually manifested by it. Are we predominantly practical, emotional, or intellectual?

Each of the types has its two opposite manifestations. Positive muscular dominant is physically active and energetic, negative is physically lazy. Emotionally positive means

optimistic, negative - pessimistic. Positive intellectual is the constructive criticizer, the one who as a rule finds himself in agreement with proposed statements, the negative is the destructive critic. Sometimes we exhibit characteristic of all three, but the question is which system guides the mechanism usually?

To ascertain the answer, the examination of no temporary or present period will suffice. It is only how the organism tends habitually to act over long periods that counts, for it is the time factor that points to type. To this end we must review our life, not introspectively, but by the ordinary exercise of pictorial memory, dividing it for convenience into such phases as infancy, childhood, school, married days, etc etc. This process will take up considerable time and during it we shall inevitably have some light thrown upon the two kinds of our present characteristics: those resulting from environment (socially acquired attributes) and those resulting from heredity - our "essence" - (those which our bodies would have tended to possess in any environment)

So far this is only thought and its value is therefore supplementary to the real task, that of awareness, i.e. current, conscious, impersonal observation of one's own behaving organism. This latter makes no demands upon either time or upon what we are accustomed to consider as energy, since the energy used is of a different sort than that used by the first three systems; and moreover this observation must go on simultaneously with their functioning, so there can be no giving-up of time involved.

A beginner cannot observe the entire organism.

Divide work into four stages:

1. Observation of muscular system
2. " " visceral
3. " " cerebral.
4. " of all 3 together.

Even the 2nd stage is far beyond the beginner. We shall therefore stick to the simple processes, namely direct observation

of the ordinary, physical occurrences manifested by our bodies.

It is possible to divide our physical events into (1) the class of behavior which everyone can observe and (2) into the class which ordinarily only ourselves can notice. Examples of the 1st are: tone of voice, customary postures, gestures, habits, and of the 2nd - sense impressions, including the kinetic, breathing, pulse-beat, temperature, etc. The point to make sure of is that the whole field is covered, and this is not impossible since the varieties of our behaviour are not infinite.

Perhaps the easiest way for a serious beginning consists in ~~making~~ the effort to be currently aware first of the general manner in which the body is acting, as for instance whether it be sitting, walking, speaking, eating, or just what its mass action is at any given moment. Even in our waking state these things go on in our sleep for we are scarcely more conscious of them, as they happen in detail, than a somnambulist. The mechanism let us say is on its way to take a train, and suddenly it breaks into a run; we now wish to be in a position to make the immediate statement, without reflection "Now my organism is running."

Almost everyone will maintain that this is nothing new, that he has always known when such activities take place. Leaving aside the answer that often enough we "wake up" to find ourselves somewhere and have no recollection of our arrival, let it be added that this knowing things is precisely what we are not suggesting. There is a vast gulf between knowing that one is walking, and being conscious of the walking activity that goes currently forward in the body.

Having thus become somewhat accustomed to the ~~thing~~ feel of the thing, we can proceed farther by selecting a particular category of behaviour, say tone of voice, to concentrate upon. The goal is to hear our own voice just as impersonally as we hear any other voice, whenever it speaks. Then - facial expression, etc.

WANT AND NEED

The absolute understands itself only through man. That's why God never can forget man any more than man can forget God.

Prayer was never meant for supplication.
"Three-fold prayer" The state of having
three centers working together is prayer.

Testament means "I will to you" - the Old Testament, the New Testament - knowledge willed to us.

We cannot change our being but we can change our condition. Water into steam. Steam is a greater force than water.

Habits are the solids in the octave of our personality. We have to melt them and loosen our being.

Development cannot begin until degeneration is arrested. Habits are degenerating.

Divide the word remember into re-member. That's what we mean when we say "Remember ourselves" - doing self observation. We are stopping our degeneration and doing self development. Degeneration is
Involution, the running down of the octave.

Adam the unregenerate man - living in the first Do, living mechanically.

Man is at the note Do - but every completed process begins at the note Do; hence, man has the potentiality. He is at the beginning.

We have to un-involve. When the cosmos evolves, man involves. While the cosmos has been evolving we have been involving, that is our condition. In complet~~ing~~

ourselves, we are e-volving and as we e-evolve we take into ourselves the cosmos.

"And man lives in caves and looks out through small aperatures".

The cross is the plus sign and what is on the cross? - Man. The most fascinating study in the world is what the cross means. Infinite variety of Being Meanings in the cross. "And the mother who weeps is nature who loses as man rises from the cross. Nature doesn't want to lose us."

It is ^{the} chief concern of man to work on the MOON.

All waste energy of our three centers goes to the moon by gravity without intention.

Was the Snake in the Garden personality tempting man to serve the Moon?

All our deaths go to serve the moon.

Find out about the moon. Create in yourselves a moon.

What is the moon? A split-off particle of our planet earth.

Why is the moon without reality but with influence? We never think of the moon as a reality - yet it pulls oceans.

Every outside manifestation has its psychological replica.

Why do we feel that way about the moon? Because there is something like that psychologically in us.

Some part of our psychology bears the same relation to us as the moon bears to our psychical life.

It is only when Wish becomes a Need that it becomes the Magical Evocative.

You say, What do you want? Nothing.
You say, What do you need? Everything.

I don't want food but I need it.

Wants are real only when they are needs, they are imaginery when not.

We die because we don't get all we need to live.

Find out the needs of our lives and become conscious of them.

"They lived happily everafter". What do I need to enable me to live happily everafter and what is happily and what is everafter?

To "live happily everafter" - the discovery and adoption of the means to arrive at immortality.

Find out if the means exist, where found and how to use them.

Few of us want what we need and few of us need what we want.

What we want, the moon wants, what we need - the sun needs. Memory belongs to the moon,
awareness to the sun.

The child in the womb sings "I remember who I am - but the first breath, the first cry, means "I have forgotten who I am.

And we keep on forgetting until we die.

run down the scale and go into the earth.

When masculine and feminine sex fluids mix, they never could produce another individual unless that force, the third force, comes. But it takes 9 months. The "I" covers itself, coats itself, in the womb, during those nine months, with the sex fluid.

ist - to be
ex - outside.

The ist is now covered up in subconscious brain. The Being from the Sun Absolute is now covered up and is only a Potentiality.

When that "I" can develop itself, it never comes again. Nature loses the machine with which the "I" has coated itself.

We have many "I"s but they are all
Personality I's. Produce an "I"
superior to all the personality I's -
Produce an "I" with the range of the universe.

Definition of FATE

If you let your Personality I impose upon
you, then it is Fate.

Definition of Imagination

Imagination is the building up of new
creations out of previously conceived impacts.

Think with will. Organize your thinking.

Organized - from the organ. Not from
muscle extension.

Think organized.

Our effort is to be free of the type imposed
upon us by planetary conditions - to be
free of the animal.

Planets are moods.

Moods make temperament.

Temperament makes outside confirmation.

We think we make effort in this method but
we don't even approach the outside of it.

Think of effort. Think of those men who roll
40 kilometers over stones to a shrine, doing
self-observation all the while. That's effort.

Do physical work every day. Consciously, with
self observation. That takes Will. We cannot
think without Will.

Personality - We have a saying, "He stands in
his own light" He can't see his real self
because of his personality.

A Persian saying: You must always hold a
mirror up to yourself so you can see the
Devil approaching. (Emotional center
working with the body is the devil)

Truth doesn't lie in either pan of the scales, it lies somewhere between.
Shock in the octave comes at a certain place, but not always between two definite notes.

Life is an organization of vibrations.. The circulation of blood has ITS vibration, the emotional viscera has its, etc etc. Each organ has its rate of vibrations for different stages - youth, age, etc.

Man, woman, child.

Into that positive and negative sex fluid comes a third force from the Sun Absolute itself which is Life. Later in your subconscious force as the I.

The agent is not the action. Positive and negative come together and the neutralizing force is lost to our sight.

The I is a particle of the affliction of God in the subconscious brain.

Rate of vibrations. It is the rate of vibrations, - the neutralizing force, (form-giving force, a particle of the sun absolute) which enters the sex fluids which are ALSO rates of vibrations, - which produces the child.

The "I" comes and comes until it develops.

If you develop yourself you become a help in the enlarged universe. G. says you become an individual, instead of one of the thousand leaves on a tree, you become a seed.

When we die the whole of the vibrations that hold us together go into space. The vibrations of the physical organs just

NEGATIVE EMOTIONS

The commonest of the negative emotions is anger, displeasure, etc.

Next after association, negative emotions are the most depleting of our 'activity'

Negative emotions are difficult to handle because they are insusceptible to reason. When we THINK reason has come in, it is usually only another emotion that has been added.

Bodily well-being usually pulls us out of anger, the coming in of another center, physical. Child-care stresses keeping the body busy. This is calling in the physical center to equalize small rages, fears, etc. in its emotionsl center.

ALMOST ALL FORMS OF NEGATIVE EMOTION ARE INFANTILE.

Some negative emotions, like despondency, despair, jealousy, need help from the outside. This usually calls in more negative emotions on the part of the helpers - they must lie, tell 'charitable' untruths and thus an anger arises for being so forced.

Make a list of the dramas of negative emotions. You will find all are tragedy.

If you are not secretly in love with your negative emotions, there is usually a cure. (Most people are in love with theirs. They do not want to get rid of them)

To get rid of a negative emotion, say "I am sick". Do NOT say what made you sick. When you say 'I am sick' a positive attitude is at once established.

Observe manifestations of each mood in your negative emotions.

When one is angry at you, don't meet him with anger, with the same center. "Turn the other cheek" - a recommendation to turn another center.

(yourself)
Write a candid opinion of someone/as you
think they would write it to you.
Something in us is NEVER deceived.
Often the result is amazingly near the truth.
Often the getting of this opinion is necessary
for your future life and its development.

When a bad situation arises, ask yourself
"What did that friend expect of me?"
"What did I give him?"

CHRISTIANITY has not been tried and found
wanting; it has been found difficult and
never tried.

In perfecting a technique of living, the
great difficulty is the body. It is first
necessary to organize the outside life, the
life of the body.

There is no chance for a significant
relationship with a person whose center
of gravity is in the physical center.
The body will always triumph. . . and your
'friend' will fail you.

We always expect behaviour of people without
bodies. Don't trust. No illusions.
A physical center person never loves, but
always hates. He hates to have his body
deranged.

You project your chemistry on other people and
your relations with them are a result.

Your unconscious manifestations are
more powerful and get more results
than your so-called "conscious."

You receive what you evoke.

CHIEF FEATURE

In each one of us is a "special little quirk" - the last little thing added to the scale. This is what makes you do things as YOU do them, and not like anyone else.

In bowling balls there is a pellet of lead added, so that it must be thrown with a special quirk to make it go straight.

We must learn how to send ourselves off with a certain quirk to make up go straight. We must learn where Chief Feature lies, what it consists of.

Chief feature is the pattern of your wishes and motives.

It is mechanical.

It is of the essence but in the emotions.

Chief Feature gives you illusion of freedom. (Freedom is actually the absence of choice of wishes.)

Write about yourself as if of another person. In a situation, how do you behave? This gives a clue to Chief Feature.

Chief Feature is WISH.

Look for Chief feature in 5 things:

Greed
Self-Pride
Lying
Fear
Sex

"Chief feature is not nice".

Chief feature can often be a combination of one or many of these 5 things. It is always the last little thing making you act as you do. It is in every situation. Look for it.

p. [22]

Caption: [Folder 760: Conversation with Gurdjieff]

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Chief feature is imaginary. It is not
real. It is emotional.

Chief feature is not ever a good thing; but
once found it can be used consciously.

Chief feature is an outgrowth of your
emotional attitude toward yourself.

* * *

III

Our body is as much an object of the outside world as a tree, a stone or a planet.

The great absurdity - Science investigates a world image which we cast upon our own consciousness.

THE MASK - You must know you have a mask and that little exists behind it. Try to discover how this mask was started - in youth we made always for peace - adjustment to a hostile environment.

#Make a list of people you remember earliest in life - put down opposite the name every effect and influence they had upon you. Maybe some of these influences were what we "put on" these persons.

~~At~~ Our three centers are like clocks - they are wound up by and with these influences. And time (material) determines the effects.

We began by protecting our inner essential lives.

A child has more sense of reality than its parents.

We evolve a mask - sex mask, social mask, professional or national mask. Our "repertory of gestures".

We become 'mask sore' - but it is dangerous to remove our mask, even if we could. The other person has the advantage over him who momentarily lets his mask slip. A specialized cruelty then goes on.

We can build up behind our mask our essence. Then we are impervious.

Victimization is a form of exhibitionism on the part of both parties.

We cannot go back far enough in our childhood to remember or find out how we put our masks on - hence the difficulty of removing.

We have practically no manifestation we can make to show our essence. Sometimes we want to show an "essential attitude" to a friend - often we show just the opposite because we have no gesture that is not part of the mask, etc. . . .

WORDS and ASSOCIATION

We waste our minds by words.
We should non-identify with all the traditional things in words.
Because of words and association, the mind is always in a state of tension, not of attention.
Poetry is a fact translated in another center. Non-identification with the traditional application of the words.

THE CINEMA

- It is a recorded fact that people drowning have a complete memory of everything that has happened in life. Could we never use this power consciously? Everything that has happened to us, every experience, is there within - the impress is in some one of the 3 centers, never to be eradicated, generally forgotten. EVERYTHING IS THERE.

Try to picture the days' events with yourself as the central figure; but impersonal. Do the day from the beginning, not backwards. Engage the mind and leave the emotional center free with its pictures. Count a series of numbers until it becomes automatic, thus engaging the mind.

1234

4321

2345

5432 and etc, up to 10

Don't try to remember. DO IT PICTORIALY - the unrolling of the ~~xxx~~ cinema.

This method of seeing oneself pictorially in all one's daily activity, has been called a "specific against mediocrity". This is a way of keeping your life from slipping into oblivion.

Four reasons why this nightly 'cinema' is difficult:

- 1 - Usually no self-observation during the day. This S.O. NECESSARY.
- 2 Difficulty of keeping from thinking of the counting.
- 3 Constant interruption due to association.
- 4 Sleep.

After doing the day's cinema, try the cinema of your life.

If we could do these things, if we can teach ourselves to see, impersonally, uncritically, we should gain a mastery over the 3 mechanical centers. There is an "inviolable completeness" which could be property of the human being. We are approaching only the outskirts of it.

For this method, ability to think is the first thing needed/

Be able to think differently than as accustomed, know the world in different categories.

This method is a mathematical and material explanation of the creation, maintenance and purpose of the universe and man's responsibility to it.

A TECHNIQUE FOR SELF-OBSERVATION

Observe: Tones of voice
 Gestures
 Posture
 Carriage
 Facial Expressions
 * Weight
 * Temperature

Weight - not physiological, rather a feeling of heaviness, on awakening in morning, or of lightness. Clues to emotional state, etc.

Temperature - not medical, rather the emotional temperature. Why a sudden hot flush? A cold clammy sensation?

Often the condition observed disappears upon observation.

But at first, with this self-observation, all we are doing is GETTING DATA ON OURSELVES.

IV

REPETITION

Investigate what you repeat. (In love this is fairly obvious - one always repeats)
Investigate all relationships outside the definite love relationship.
You find out your weak spots if you find out where and how you repeat.

Formulate reasons for wanting to wake up and change.
Make repertory complete of your weaknesses and failures. Avoid MORAL.
Find out the wrong working of your centers.

Try to remember to remember to observe.
Participate in your gestures observed.
Try also to observe how whole trains of thought go on without our taking part in them.

MORALS

The subconscious mind sees the result of our real experiences.
Conscience once uncovered needs no morals.

John the Baptist, crying in the wilderness is a symbol of man crying in the wilderness of his own body.

Give up the idea that the universe has desirable ethical ends in view.
Give up "doing good".
Sacrifice mechanical suffering. Suffering is very real to us, therefore we identify with it. Most suffering is mechanical. But our identification with it is real.

Self-pity is the most depleting of the emotions.

Chaplin - the epitome of self-pity, which explains why all the world identifies with him.

Be careful of self-depreciation. Don't discourage the body.

You must observe yourself with non-identification or otherwise your statements about yourself sound fantastic.

These ideas give no result unless worked on. EFFORT IS THE FIRST AND LAST WORD.

The Labors of Hercules - the Aegean stables are a man's personality. Clean out our own stables. / u

Of all the great teachers, Christ is the most cruel when he speaks of the difficulty of doing things with ourselves. One wonders how he came to be called the meek and gentle Jesus.

#Make a catalogue of a friend's image of life; this will help you with your own. Make a formula which encompasses your attitude toward life. "All is lost from the beginning" - Jane's.

We only know two states now - sleeping and waking (the chart)

There is an exact analogy between our personal psychology and this chart. Everything below the planet ~~xxxxxxxxxx~~ is repetition of things perfected above. . .imperfected repetition.

On the chart, God begins with "planets"

The idea of a "personal God" is the most egotistic gesture of man - that a divine omnipotent being could be concerned with our transient little life.

Our environment is not this planet we live on. Ours is the megalocosmos - everything above the planet.

LOVE is of 3 kinds (as far as we are in it)
Instinctive, emotional and conscious.
Instinctive love has chemistry as its base.
And it lasts only as long as, and is only
as strong as, this chemistry.

Emotional love is pathologic. The lover
is a medium through which uncontrolled power
of ~~xxxxxxxx~~ magnetism passes. Emotional
lovers are the victims of their own
uncontrolled power. Emotional love
ALWAYS creates hate in the lover, then in
the loved one, then back again - an eternal
changing of the hate.

Instinctive love is the highest type we
know, BECAUSE OF ITS IRRADIATIONS.

Emotional love seldom produces off-
springs. It is non-biological. It evokes its
own slayer.

Conscious love wishes that the loved object
should arrive at its own native
perfections, regardless of consequences
to the lover. The paradox: it always evokes
the same in the lover. This love is rare
among us.

"Take hold tightly, let go lightly" a
proverb from Tibet.
It is always hard to let go. We have
fear, we are over-sensitive from past
failures, or we have imagination - we
cannot bear to imagine the loved one happier
elsewhere with someone else.

Instinctive and emotional loves are uncontrolled
and unconscious. These are dangerous states
to be in. This is love without knowledge
or power.

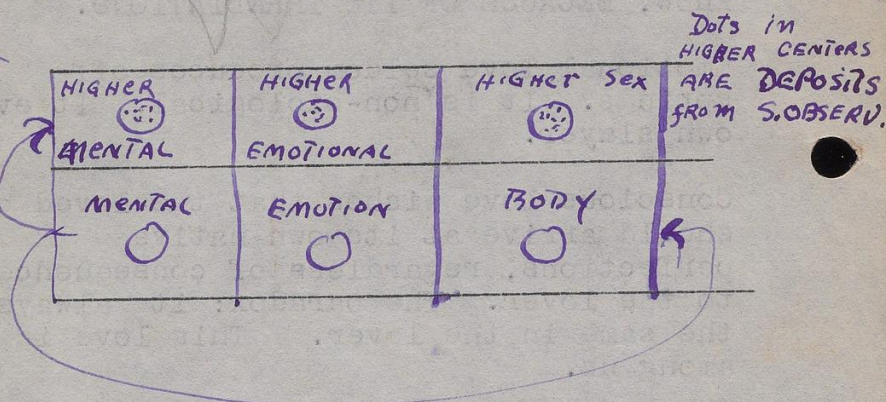
Love can be evoked in 5/ways ^{associative}

- 1 External form (reminding of someone you've been in love with, esthetic associations)
- 2 Feelings influenced by other people.
You love what others love,
or what others hate, etc.
- 3 Suggestions - influenced by praise of others, etc.
- 4 Superiority - you get the idea that another person is superior.
"All the rot about ideals. . ."

When associations work and run together in harmony, then we are in love.

* * * * *

Feelers, Tentacles
Receivers of Impressions
& Vibrations



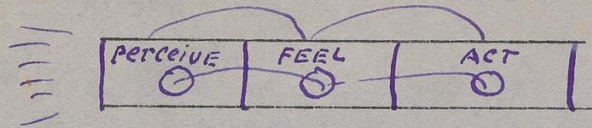
All in lower row we take passively.
We must "coat" the higher body.
Self-observation makes this active - the worm must turn, and observation starts with the body.

THINK:

1 of a second - an impression
10,000
Every 3 seconds - a breath
24 hours - a day
80 years - a life

Another
PICTURE
OF MAN

ANOTHER PICTURE OF MAN



This is how it always works - we perceive, we feel, we act. The three inter-connected centers.

(At night - we jump in half sleep - one of the centers disconnecting)

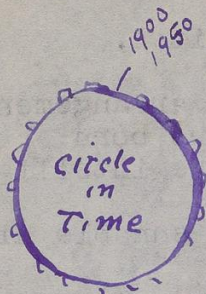
This above interconnection of centers works only on the waking hours.

Study your dreams. There is a self-contained energy left over in some one of the centers. You can discover in which center you contain unused (during the day) energy. Do you have predominantly physical, mental or emotional dreams?

The 3 centers fall asleep separately. Sometimes one center does not sleep at all during the night. Times we awaken with a feeling of suffering, though the physical self has slept soundly - this means the emotional center was wide awake all night with some suffering.

Teach yourself to put all 3 centers to sleep at any time. If this could be done, we would need little sleep. Gurdjieff awakens people at the Priory, at all hours of the night, making them change beds - saying "You're not sleeping anyhow. Why not spend the night talking and learning something?"

V



OUR LIFE

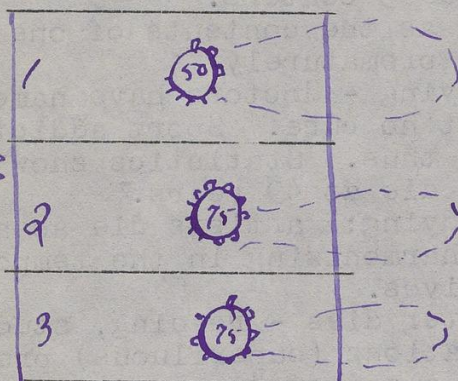
Consider each year of your life as a chair. See yourself sitting in it, see the chairs you will sit in. Should be able to see yourself both ways in time - back to beginnings, forward till death. Our effort is to break this circle in time - not repeat. Recurrence.

Man, 3-centered,
geared to connect with.

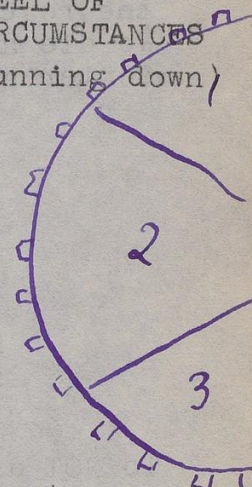
WHEEL OF CIRCUMSTANCES

(running down)

3 centers live wheels
in a clock, cogged...



4 Self Observation



These wheels are emptying their contents as they connect with the wheel of circumstances.

Numbers in centers represent relative proportional strength of center.

The functioning of these 3 centers depends on a set of 7 circumstances: (accidental)

- 1 Heredity in general
- 2 Conditions at moment of conception.
- 3
- 4 "Degree of BEING" in our parents.
- 5 Quality of 'Being' manifested in people around us.
- 6 Good wishes, thoughts and actions manifested by people around us.
- 7 Conscious effort on our own part

during childhood

A being consists of its appetites.

Intelligence is due to innate arrangements in the nervous system. You are born intelligent. You never acquire intelligence.

Instincts are given to man to enable him to cope with his situation.

We in this method are like Lucifers, cast out from the mechanical heaven in which we live. We must realize the solemnity of the situation. We must think with terror of dying unfinished.

There are 7 accidental circumstances determining the reactions of our 3 centers.

We die accordingly as the contents of one center are used up prematurely.

Physical dying - doctors have names for it but no cure. Sport addicts often die thus. Statistics show wrestlers die at 49 years.

Emotional dying: artists die as a result of the disharmonizing in the tempo of their lives.

Mental center dies - reading, studying and associations (superfluous) provoked.
"Dying by newspapers"

To NOT die in one center, get an activity that is linked up with another center.

Put a regulator on the spring of each center.

Do not allow one center to overwork.

You give yourself up to the associations in the functioning of these centers.

Harmonious associations with the 3 centers is difficult to acquire. Self-observation is the first regulator. You thus begin to cut off the superfluous associations running into one center.

The tragedy is that when one center dies, runs down it affects the other two without their taking part.

I

We are in a state of arrested development.

A 1-centered being is a worm.

A 2-centered being is an animal, 2 dimensional.

A 3 centered being is a man.

We take no part in our activity.

Everything is done in us from the outside.

Our whole life is wasted in argument

yes, between the three centers.

no The contents of these 3 centers
were accidentally acquired.

Thus, they are accidentally
called forth.

1% ~~of~~ is ourselves, 99% of us is sociology.

The ages of our different centers differs.

There can even be different ages in one
center.

Physical - young face, old neck, etc.

We can develop hallucinations of our centers
as we "develop" - one can be retarded
mentally and develop a mental hallucination,
retarded emotionally and develop emotional
hallucination.

The 3 centers like 3 types - physical (yogi)
emotional (monk) mental (ascetic) Each

is a one-centered development, developed at
the expense of the other two centers.

Our brain has undergone development only for
survival. It is NOT a truth-finding organ.

Everything tends to put us to sleep -
suggestibility, etc.

We start with these 3 centers practically
empty. The emotional and mental has
inclinations, desires - pleasing to
them. Constant repetition of the
same desires makes our character.

We receive 10,000 impressions per second, but
we register practically not one.

We always choose by our habits of yesterday -

repeat, repeat, repeat.

We have no future. Our lives are an idle escape from one error into another.

Our race, etc. is indicated by a series of gestures.

A human being can make 20 gestures, but makes usually only 5.

Find out the repertory of your own gestures.

The agency of the will is not admitted in the scheme of psychology. What we call 'will' is only desire.

The first symptom of awakening from our sleep is to SUSPECT we are asleep.

It is more difficult to wake from our dream sleep than from our life ~~state~~ state.

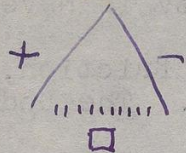
Our life state (to a trained observer) gives us away. Man collects impressions and excretes behavior and by this behavior is he known.

A need is an internal dis-equilibrium - one needs a shock to awaken - one must WANT to awaken. Do not disturb those who are "sitting pretty" unless their need is great. One loses one's place and one must go through life standing. Standing is not comfortable, especially if a good chair has been lost.

II

LAW OF THREE - In the cosmological scale, operating at 3, operating at shock. The shock can carry us beyond the status quo. The shock is self-observation.

We have the three forces in us



The plus and the minus, sexes, electricity, etc. Science is the 3rd force. The 3rd force is the neutral balancing force. The mind affirms all, the body denies.

All energy leaks away from the bottom of the triangle because it is open at the bottom.

Some have no emotions after 30.

Some stop mental growth at 7 or 8.

Many die too soon (physical)

Close up bottom of triangle, stop the leak.

A 3-centered force is given us each morning.

We cannot use but a part of it; the rest is wasted. One uses only 1/10.

If the bottom of the triangle can be closed, new energy flows in, and can be stored.

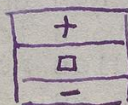
In psychology, the 3rd force is usually the motive behind the act.

* Problem: Find out the motives behind your acts, thoughts, etc. (Usually it is the emotional center motivating.)

Law of 3 operating - in fairy tales.

Three princes, each with a task, the reward being in one of the 3 centers.

A set-up of man, law of 3



matter
emotion.
physical

THE EMOTIONS ARE SITUATED IN THE SOLAR PLEXUS. A system of nerves, across the center of the being. Like the Milky Way -

a galaxy of disconnected nerve centers

Know-able
REALITY Feelable
Do-able

Unless these three operate at once, it is not Reality. (That's why Reality is never found.)

There is a continual argument, friction, between the three centers in man. The body is always the tyrant.

The Cosmological Chart presents an exact analogy with our psychological processes. The shock in our life is Self Observation.

Everything we touch is degraded - air, water, food, etc. We send energy into the planet thus. We are the digestive apparatus. OUR REAL FUNCTION IS TO UP-GRADE ENERGY. Change the vibrations into higher instead of degrading to lower. (Some - like breathing and eating, are automatic and must go on.) We give only quantity vibrations. We should give quality vibrations to this octave. As we function, (eat, drink, suffer, create, etc.) vibrations are extracted from us by nature. A few quality vibrations would make up for many quantity vibrations. We're in a situation - "the terror of the situation," Gurdjieff. Like sheep, taken for its mutton and wool. Thus ourselves. Nature feeds us, cares for us, etc. but not from love - for profit from us. Nature takes from us with a drastic hand. Takes vibrations from us she can't get voluntarily. If we could give ONE quality vibration. . .

Wars - nature needs those vibrations. Only consciousness can change this. Deaths give vibrations to the planet - 10,000 bodies going back to earth - the suffering before death is one sort of vibration - the chrystalization of material substance, another. All goes back to the planet.

ESSENCE is difficult to define. It must
be found out by ~~xxxxxxx~~ relations.
Human essence is composed of 2,000 million
people. 2,000 million implies history,
all our evolution from the animal up.
EACH ONE OF THE 2,000 MILLION IS ONE OF
YOUR POTENTIALITIES ACTUALIZED.

○ mi Essence is composed of 3 notes;
○ re Anger, hate and fear
○ do

Anything else is an 'overtone', that which
does not exist but which might.
All the so-called 'good' in the world,
philanthropies, etc, are possibilities
not actualized. Usually you find they
are motivated by one of the 3 notes, anger,
hate or fear.

Try to find out the distribution in you of
anger, hate and fear. These 3 can be in
one center, or in all three.

We have to make an effort to get at essence.
It is not your own - it is human essence.
In getting at it, it is fatal to identify
yourself with it. Get at motives, then
more easily, you will get at essence.
When you get at essence, what you learn
can be applied to everything. Art, literature,
etc.

There are AFFIRMED EMOTIONS of humanity.
In great literature, in great art,
there are no emotions that have not to
do with the affirmed emotions of
humanity. . . something every
man can understand.

Your essence is material. You can change it.
Essence aspires to be soul. It has no sex
differentiation. It is wishes.
Wishes are planetary. You are interesting or
dull according to the number of planets
that were in conjunction at conception.
More planets, more interesting, vice versa.

PERSONALITY is a cross-section of all streams of activity at any one moment.

The pattern of your habits is personality. Personality is a mass of unfixed chemicals

Analyse yourself in respect of some person near to you. How do you recognize yourself? Your identity? How do you know yourself from another?

What is the ESSENTIAL POWER in you? To find out, gratify all your fancies, whims (but don't cultivate) Gratify and watch them and yourself. Whims and fancies change. An essential power does not. You must find out this power by excess.

To have essential power, you must have ESSENTIAL WISHES.

Potential

Actual.

Ideal

} 3 kinds of wishes

Most of us spend our lives on non-actualizable wishes. Find the actualizable wishes. Most "ideal" wishes are non-actu. These un-actualizable wishes are mistletoe. Cut them off. Don't plod along with them. "Imagination is only excess of desire over ability" *Orage

The "I"

Necessity to establish in yourself an unique and personal "I"

We have too many "I"s

Physical center "I"s are disconnected and go off in different directions. Thought must connect and fuse.

Subjugate to one single "I" the personalities in you.

Say over and over again - I am.

I have a body

Say it to try to find out what it means. (I am a body is a confusion)

Self-observation pumps up energy, uncovers that "I". The "I" is not defined by intelligence, gifts, talents, etc. It is simply what you are in yourself.

The body is the only vehicle, cart, vessel, instrument, etc through and by which we can find out.

Stripped of your 5 senses, ^{& personality} what/you? are

What manifestation could you give that an astute psychologist could not reduce to a bodily manifestation?

99% of our 70 years is spent in sublimated animality (caring for body, thinking of it, etc.)

Get the "I" out from the inside where it is buried, to the outside. All miraculous re-births in legend and history are just this - the uncovering of the "I".

Our first birth is passive.

Our second birth is active, conscious.

We are born out of our own bodies.

Self-observation gets at the "I".

For this 2nd birth, we must first die to our automatic selves, change values and die to the old values.

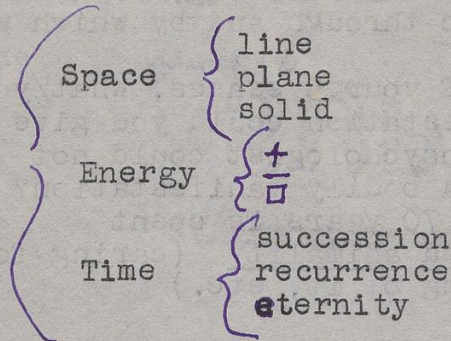
Gurdjieff says in the cerebellum there is a seed, a germ, which is a possibility of a soul. He calls it the "representative of God in the essence".

"Fragments of a Faith Forgotten"

"Hermes Thrice Greater"

These ancient books show these ideas are not new but have been with man always (esoteric)

TIME In the physical center we sense time
as one thing after another.
In the emotional center, we experience
a thing AT the time.
In the mental center time as a thing
in immediacy.



Space is the field in which time operates.
Time is the actualization of one possibility
in a situation. All others die for you (but
remain for others)

When we start to actualize one possibility,
that determines the second, because we have
taken a direction. Thus the danger of making
a wrong choice - all off in the wrong
direction. Again, find the essential wish.

Time is the possibility of your existence.
Time can never be subjective.
Wherever a process goes on, there is time.

This method is a TECHNIQUE AGAINST TIME

ADDENDA - 2nd Conference

This method is a psychological technique of life. Most people are technique-resisting.

In the SOLAR PLEXUS the negative emotions are situate in the left side, positive in the right side. Locate the agitation and the kind of emotion acting on you can be known.

ESSENCE is eternal, compacted of internal relations simple or complex but individual at every level.

When we talk about our essence, we talk about our psychology.

Time is the actualization of one possibility in a situation. The minute we begin to actualize one possibility in a situation, all others are dead for us (but exist for others on earth) The moment we actualize, the next is decided. THIS GIVES A DIRECTION IN TIME.

Time is MY possibility of experience.

Time is the exhaustion of the means to renew ourselves.

Time is the unique subjective. It can never be objective. It cannot exist for you outside yourself. Your time is in you.

ETERNITY is the possibility of the actualization of every possibility in a situation at the same time.

ART is a subjective emotion backed up by craftsmanship. Art enjoys only vivid values.
Mahabarata - greatest objective art.

We progress in details. The whole is often lost in details.

ESSENCE will put you eventually in a certain current in life. You may want to change the current.

Asia is essence. Europe is personality.

Sleep is a rehearsal of death. If we could answer questions and do problems in sleep - i.e. in the sleep of our centers - this would be a sign of consciousness existent without body. This would be a small hope for immortality. This would be manifestation stripped of the 5 senses and the personality.

Cerebellum - the "seed at war" - our subconscious brain, SHOULD be our conscious brain. Everything that has happened to us in life is there, penned up in the cerebellum, escaping only in sleep, trances, etc.

We understand SPACE in three ways*

Line
Plane
Solid

" "

TIME as:

Progression
Recurrence
Eternity

" "

ENERGY as:

+ Plus
- Minus
□ Neutralizing force

USE THE PAUSE - There is a minute pause before a certain center prompts to action. This pause is the neutral-balancing force at work. We should use this pause. Then work like chess players with ourselves. Strong personalities are a hindrance. They are too active, or too passive, in the moves. Strong personalities over-shoot the mark.

Bogachevsky -

Objective Morality is established by life and by the commandments given to us by our Lord God Himself through his prophets and gradually becomes the basis in man of what is called ~~xx~~ conscience. By this conscience is objective morality maintained. Objective morality never changes, it can only broaden in the course of time. As for Subjective Morality, that is invented by man and is therefore a relative notion differing for different people and different places and is based upon the understanding of good and bad prevailing at the given time.

Subjective morality is a relative notion and if you are filled with relative notions then when you are grown up you will always and everywhere act and judge other people according to the conventional views and notions you have acquired from others. You must learn not what people around you consider good or bad - but learn to act in life as your conscience bids you. An untrammelled conscience will always know more than all the books and teachers put together. But for the present, until your own conscience is formed, you should live according to the commandment of our Teacher Jesus Christ: Always-do-unto-others-as-you-would-have-others-do-unto-you.

Yelow

It is not a question to whom a man prays but a question of his faith. Faith is conscience the foundation of which is laid in childhood. If a man changes his religion, he loses his conscience and conscience is the most valuable thing in man. I respect conscience and since conscience is sustained by his faith and his faith by religion, therefore I respect his religion and for me it would be a great sin if I should judge his religion or disillusion him in it and thereby ~~xxx~~ destroy ~~xx~~ his conscience which can only be acquired in childhood.

It's all the same. Our thoughts work day and night. Instead of letting them think of "caps-of-invisibility" or the "riches-of-Alladin" let them better be occupied with something useful. In giving direction to thought, of course a certain energy is spent but no more energy would be spent for this purpose during twenty-four hours than is required for the digestion of one meal. I decided to study languages in order not only not to allow my thoughts to idle, but also not to allow them to hinder my other functions with their idiotic dreams and childish phantasies. Besides, the knowledge of language itself may sometimes be useful.

From Kanak 1

The Yogis do not teach evolution as it is conceived by modern science. Modern science teaches that Mind is a by-product of the evolving material forms. The Yogi teaching says that there was mind involved in the lowest form and that mind constantly pressing forward for unfoldment compelled the gradual evolution or unfoldment of the slowly advancing degrees of organization and function. Science teaches that "function precedes organization." The Yogis say that "desire precedes function." There is ever the Urge of the mind which the creature feels as dim desire and which grows stronger as time goes on. Science says all is material and mind is a by-product. the Yogis say all is mind, (even God - pure mind) with matter as a tool and instrument of expression and manifestation. Accompanying this evolution of bodies there is an evolution of souls producing the former.

* * *

G-f says, "all is material, even thought"

G's
Sayings of Father -

1. Without salt, no sugar.
2. Ashes come from burning.
3. He is deep down because you are high up.
4. If there is "I" in one's presence, then God and the devil are of no account.
5. All the unhappiness on earth comes from the wiseacring of women.
6. In the dark even a louse can be worse than a tiger.
7. Once you've shouldered it, it's the lightest thing in the world.
8. If the priest goes to the right, the teacher inevitably must turn to the left.
9. The cassock hides a fool. shoe
10. A good representative of hell - a tight/shoe
11. If the teacher is the enlightened, who then is the donkey?
12. If there is no elephant and no horse, even the donkey is great.
13. He is really stupid who is to those around him "clever".
14. If a man is a coward, it proves he has will.
15. If you want to be rich, make friends with the police.
If you want to be famous "" the reporters.
If you want to have peace- neighbors
If you want to sleep - your wife.
If you want to be full - your mother-in-law.
If you want to lose your faith, make friends with the priest.
16. If you are first in the house, your wife is second; if your ~~wife~~ wife is first, then you are zero.
17. More powerful than Ghengis Khan is he wishes, is the corner policeman.
18. Happy is he who sees not his unhappiness.
19. It isn't the quantity of food a man eats that denotes absence of greed.
20. Fire heats water but at the same time water puts out fire.
21. The truth is that from which one's conscience can be at peace.

Bokharian Dervish.

Here it will do you no harm to say that among your favorites there have long existed in each locality special forms for outward relationship, for the reason that the INNER FEELING OF RELATIONSHIP COMMON TO ALL THE BEINGS OF THE UNIVERSE without difference of form or place of existence, has long been destroyed in them.

~~However~~ Good or bad relationships among them are established at the present time only by external manifestations, chiefly by politeness as it is called, that is to say, by empty words.

However much one being might inwardly wish another being good, if for some reason or other he should express himself in the wrong words. . . all would be over.

It is also interesting to note that the abnormal existence of your favorites has ~~reacted~~ not only spoiled their own psyche, but it has reacted on the psyche of other forms of beings on this same planet..

Such an inner feeling is entirely atrophied in those forms of beings with which your favorites have a frequent contact, and it has been preserved only among those other forms of beings, whose form of existence is such that they have no contact at all with these biped beings of yours; as for example those called tigers, lions, bears, hyenas, snakes, falangas, scorpions, etc.

In the psyche of these forms of beings however a very strange peculiarity has been formed. These tigers, lions, etc etc perceive the inner feeling of fear of other beings as hostility, and hence try to destroy them in self-defence.

in their psyche
This strange peculiarity/was also acquired
on account of your favorites. Thanks as
usual to their abnormal conditions of exist-
ence, they gradually became cowards from
head to foot; and at the same time, and
equally completely, the ~~idea~~ peculiarity of
destroying the existence of other beings
entered into them.

Being thus by nature cowards of the highest
degree, whenever they set out to kill other
forms of beings, or accidentally meet any of
them who, psychically and in other respects,
are much stronger than themselves, they sweat
with fear and long with all their being for a
means of killing them. In this manner, in the
psyche of beings who have no frequent contact
with your favorite, side by side with the
real function placed in them by Nature -
instinctively to pay respect to those forms of
beings which in the gradation of the sacred
reasonableness are higher than themselves, an
instinct is gradually acquired and formed,
owing to which the feeling of fear in others
is perceived as a menace to their own life,
which menace they try accordingly to destroy.

In spite of the difference of their exterior
forms, all the beings of this planet lived
together at first in peace and concord; and
even at the present time it happens occasional-
ly that one of your favorites so perfects
himself that he realizes that all living
creatures are alike to Our Endlessness; and then
succeeds in completely destroying his fear of
other forms of beings. In consequence not
only do other forms of beings not attempt to
harm him but they even pay him every respect
and render him every service as a being
higher in the scale of reasonableness.

If all humans had a soul
There would not be any room left on earth
And there would neither exist
(Poisonous) plants nor (wild) beasts nor even
evil.

Soul is for the lazy-fantasy
Luxury for the indulger-in-suffering
The denominator of personality is in it
The way and the connection to the Maker and
Creator.

Leader of the will

Its presence is "I am"

It is a part of the All-Being
So it was and ever will be.

Soul is the sediment of education
It is the (prime) source of patience
It is also the testimony
To the sense of the eternal being.

The Sphinx is supposed to be a replica of a figure before a temple door in Atlantis.

In writings of Plato - he relates how in his travels (Egypt?) he saw the actual ground-plans of Atlantis.

A purple swastika symbol, a common religious icon in Indian religions, is drawn on the left side of the page.

Atlantis, Stonehenge, Pyramids, Mayan architecture, temples, etc.

Great cathedrals, monuments etc were built with a CONSCIOUS PURPOSE - to elevate for a moment the vibrations of people. This was a conscious attempt to leaven the masses. An attempt to force people to non-identify for even one instant.

I

This is a method of EFFORT - conscious effort, not automatic, mechanical effort. As we are, there is no will. Will as we think we have it is a state of development. Will is a possibility, in a higher center. All we call development now is but an extension of one of the 3 centers. All our art but an extension of the emotional center, etc. All supposed development in the world today is really a detriment.

The obligation and highest aim of man is to understand and cooperate with the laws of the universe. The universe is an intelligent creation and therefore intelligible. There are answers to everything.

Nature can do no more. Man is the highest possible development of a self-evolving form. All further development requires conscious effort. This requires labor comparable to that which nature has expended on our development thus far, milleniums of it.

In all natures creations, a certain activity follows a certain form.

The start toward consciousness - neutral scientific observation of one's self.

Begin with the body because of its speed.

Body is 3 times faster than emotions

Emotions are 3 times faster than thought.

Gestures are speedy and proficient, habitized from birth. It is almost too fast for itself to observe. Here the personal equation is most pernicious; but remember the body is some-things OUTSIDE the "I"

We are an animal with a formless psyche - a psyche to have form must be three-fold.

A three-fold psyche means the three centers
in the brain are developed equally -
instinctive
emotional
mental

Be conscious of your body, aware of emotions
and mindful of your thoughts.

Feel with the mind and think what you feel -
this is insurance against self-deception.

We observe at first only with the emotions -
the wish to do this and that.
Avoid one-centered observation. This is a
pathological attack.

Eradicate subjective weaknesses - greed
at table, etc. Don't try to observe yourself
in excess. You are then observing an
over functioning organism.

Self-observation is the first step toward
FREEDOM FROM ASSOCIATIONS.

Self-observation is NOT the body observing
the body (like an actress in a glass)

WE MUST NON-IDENTIFY WITH THE BODY.

There are 3 kinds of people.

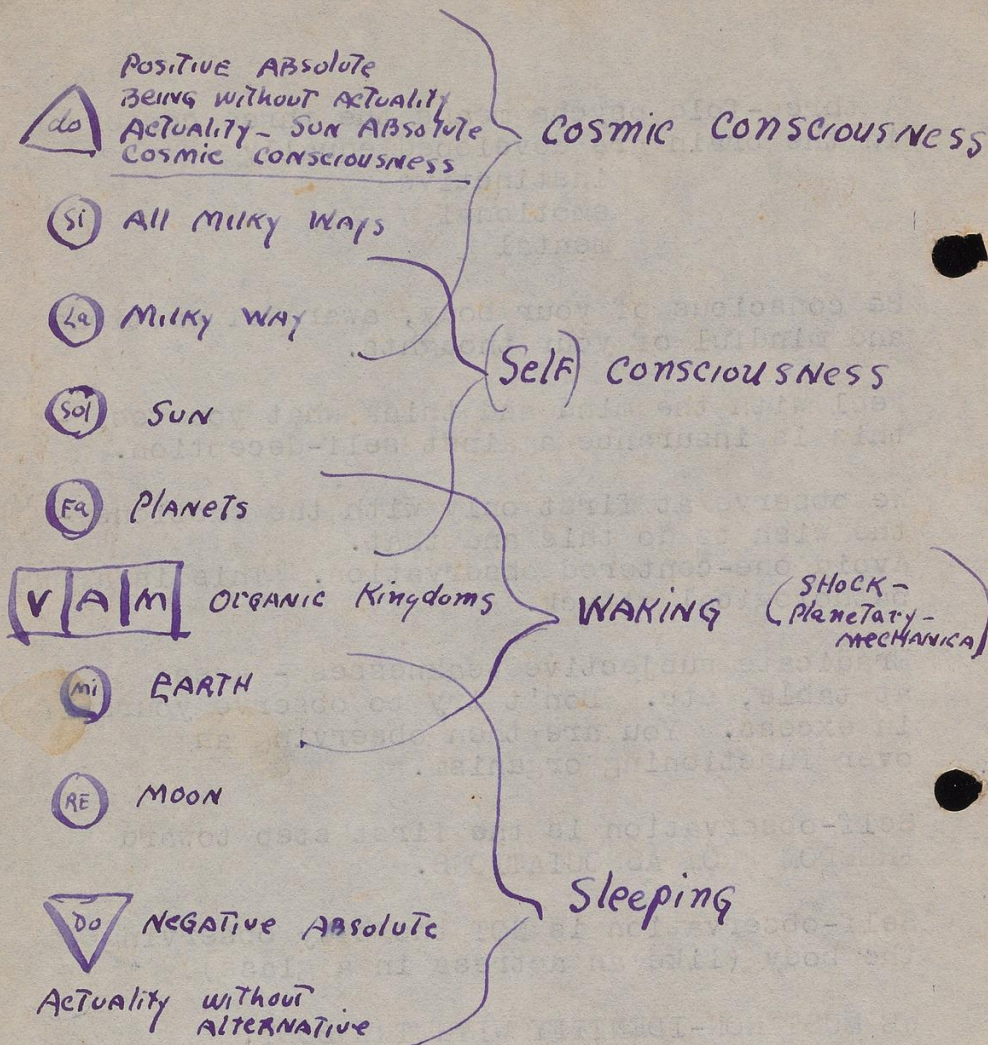
A people are masters (Buddha, Christs, etc)

B people are artists, interested in
experience, not facts.

C people are scientists, positivists. Facts
are more agreeable to them.

Magnetic-center people have a few cells in the
brain NOT monkey cells. These can be developed
into traits of B people.

Find out what you are - are you predominantly
practical, emotional or mental. In which centers
do you work and in which centers do you
expect your rewards?

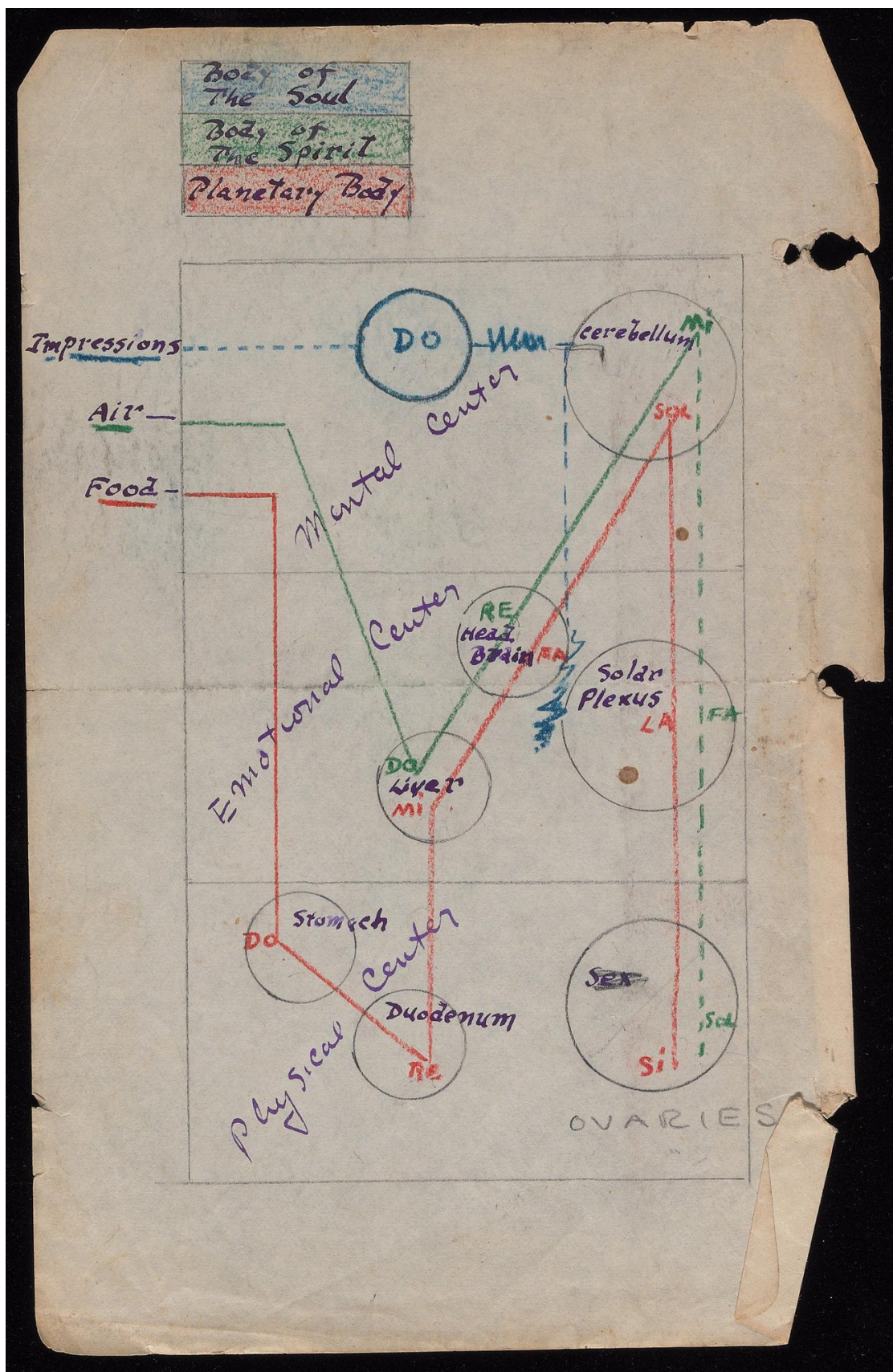


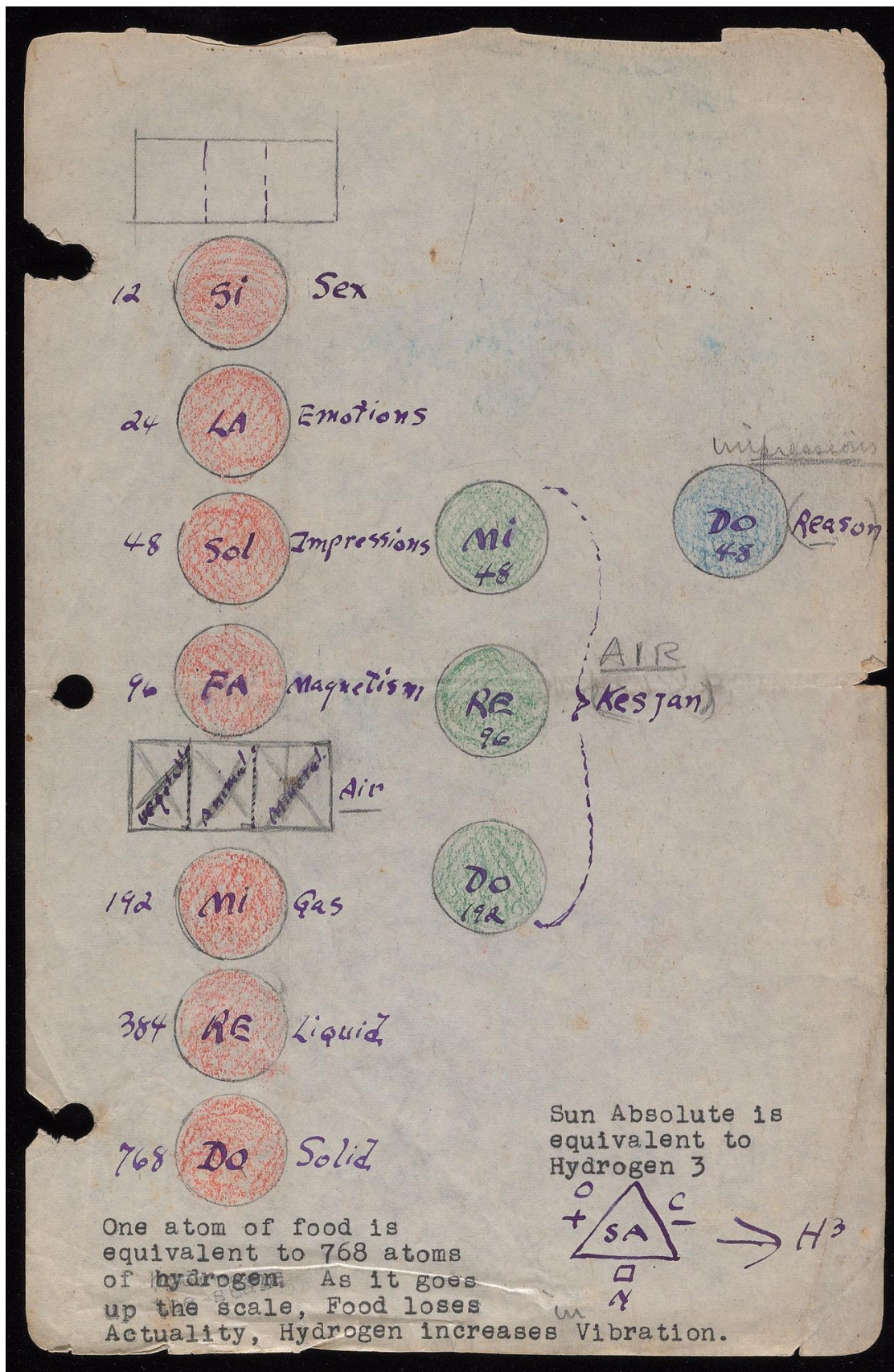
The Law of 3 operates in each note.

Human development (average) goes from DO to MI and back again - always within the same 3.

THE PERFECT DO is known to have been struck in a room of the pyramid, and in a place in the Gobi desert.

Science proves that in a sound-proof room when the perfect note DO is struck, it will go up in vibrations to MI and then drop back to DO - as with us. . . .





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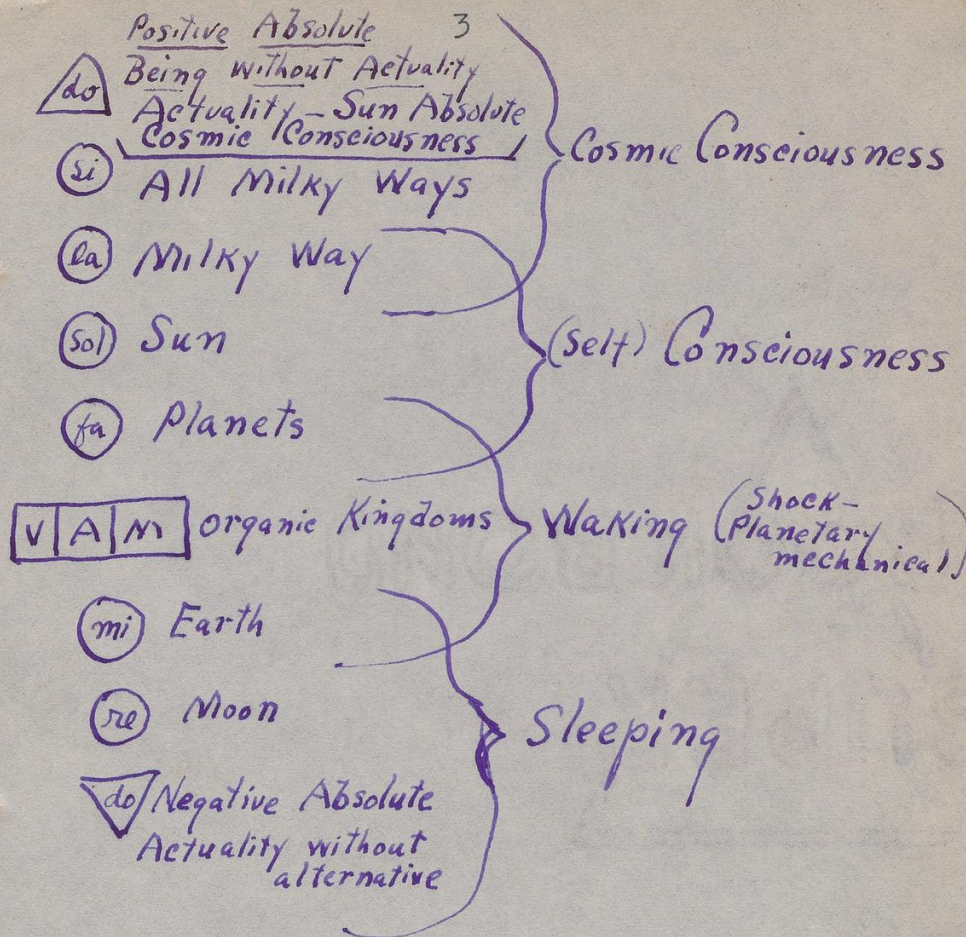
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We are in a state of arrested development.

A 1-centered being is a worm.

A 2-centered being is an animal (2 dimensional)

A 3-centered being is a man.

We take no part in our activity. Everything is done for us from the outside.

Our whole life is wasted in argument between the three centers. The contents of these 3 centers were accidentally acquired. Thus, they are accidentally called forth.

1% is Ourselves; 99% is Sociology.

The ages of our different centers differ. There can even be different ages in one center.

Physical - young face, old neck, etc.
We can develop "hallucinations" of our centers as we "develop" - one can be retarded mentally and develop a mental hallucination, retarded emotionally and develop an emotional hallucination, etc.

The 3 centers are like 3 types - physical (yogi) emotional (monk) mental (ascetic). Each is a one-centered development, developed at the expense of the other 2 centers. Our brain has undergone development only for survival. It is NOT a truth-finding organ.

Everything tends to put us asleep. . . suggestibility, etc.

We start with these 3 centers practically empty. The emotional and the mental has inclinations, desires, pleasing to themselves. Constant repetition of the same desires makes character.

We receive 10,000 impressions per second; but we register practically not one.

We always choose by our habits of yesterday - repeat, repeat, repeat.

We have no future. Our lives are an idle escape from one error into another. Our race, nationality, etc - is indicated by a series of gestures. A human being can make 20 gestures; but makes usually only 5. Find out the repertory of your own gestures. The agency of the Will is not admitted in the scheme of psychology. What we call will is only desire.

The first symptoms of awakening from our sleep is to SUSPECT we are asleep. It is more difficult to wake from our dream sleep than from our life state. Our life state (to a trained observer) gives us away. Man collects impressions and excretes behavior and by this behavior is he known.

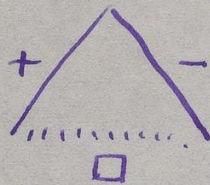
A need is an internal disequilibrium - one needs a shock to awaken; one must WANT to awaken. Do not disturb those who are "sitting pretty" unless their need is great. One loses one's place and must go through life standing. Standing is not comfortable, especially if a good chair has been lost.

6

II

LAW OF THREE. In the Cosmological Scale, operating at 3, operating at shock. The shock can carry us beyond the status quo. The shock is self-observation.

We have the 3 forces in us-



The plus and the minus, sexes, electricity, etc. Science is the 3rd force. The 3rd force is the neutral balancing force. The mind affirms all, the body denies.

All energy leaks away from the bottom of the triangle because it is open at the bottom.

Some have no emotions after 30.

Some stop mental growth at 7 or 8

Many die too soon (physical leakage)

Close up the bottom of the triangle, stop the leak.

A 3 centered force is given us each morning.

We cannot use but a part of it; the rest is wasted. One uses only 1/10

If the bottom of the triangle can be closed, new energy flows in and can be stored.

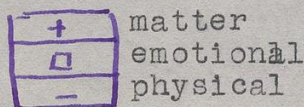
In psychology the 3rd force is usually the motive behind the act.

Problem: Find out the motives behind your acts, thoughts, etc. (Usually it is the emotional center motivating.)

Law of 3 operating - in fairy tales.

Three princesses, each with a task, the reward being in one of the 3 centers.

A set-up of man, law of 3



THE EMOTIONS ARE SITUATED IN THE SOLAR PLEXUS.

A system of nerves across the center of the being, like the Milky Way, a galaxy of disconnected nerve centers.

7

the Knowable
REALITY IS the Feelable
the Do-able

Unless these 3 operate at once, it is not Reality. (That's why reality is never found)

There is a continual argument, friction, between the 3 centers in man. The body is always the tyrant.

The Cosmological Chart presents an exact analogy with our psychological processes. The shock in our life is Self Observation.

Everything we touch is degraded - air, water, food, etc. We send energy into the planet thus. We are a digestive apparatus.

OUR REAL FUNCTION IS TO UPAGRADE ENERGY.

Change the vibrations into higher, instead of degrading to lower. (some - like breathing, eating, etc are automatic and must go on.)

We give only quantity vibrations. We should give quality vibrations to the octave.

As we function (eat, drink, suffer, create) vibrations are extracted from us by nature.

A few quality vibrations would make up for many quantity vibrations.

We are in a situation "the terror of the situation" - Gurdjieff. Like sheep, we are taken for our mutton and wool. Thus ourselves. Nature feeds us, cares for us; but not from love - for profit from us. Takes vibrations from us she cannot get voluntarily.

If we could give ONE quality vibration. . . .

Wars - nature needs these vibrations.

Only consciousness can change this.

Deaths give vibrations to the planet -

10,000 bodies going back to earth -

the suffering before death is one sort of vibration - crystallization

of the material another sort. . .

All goes back to the planet.

ESSENCE is difficult to define.

It must be found out by relations.
Human essence is composed of 2,000 million people. 2,000 million implies history, all our evolution from the animal up.

EACH ONE OF THE 2,000 MILLION IS ONE OF YOUR POTENTIALITIES ACTUALIZED.

Essence is composed of 3 notes - anger, hate and fear/

Anything else is an overtone, that which does not exist but which might.

All the so-called 'good' in the world - philanthropies, etc - are possibilities not actualized. Usually you find they are motivated by one of the 3 notes - anger, hate or fear.

*Try to find out in you the distribution of anger, hate and fear. These 3 can be in one center, or in all 3.

We have to make an effort to get at essence. It is not your own - it is human essence. In getting at it, it is fatal to identify yourself with it. Get at motives, then - more easily - you will get at essence. When you get at essence, what you learn can be applied to everything - Art, literature, etc.

There are AFFIRMED EMOTIONS of humanity. In great literature, in great art, there are no emotions that have not to do with the affirmed emotions of humanity. . . . something every man can (or could) understand.

Your essence is material. You can change it. Essence aspires to be soul. It has no sex - it is wishes. You are interesting or dull according to the no. of planets in conjunction at your birth. More planets, more interesting, etc.

PERSONALITY is a cross-section of all streams of activity at any one moment. The pattern of your habits is personality. Personality is a mass of unfused chemicals.

*Analyse yourself in respect of some person near to you. How do you recognize yourself? Your identity How do you know yourself from another?

What is the ESSENTIAL POWER in you? To find out, gratify all your fancies, whims, (but don't cultivate.) Gratify and watch them and yourself. Whims and fancies change. An essential power does not. You must find out this power through excess.

To have essential power, you must have ESSENTIAL WISHES.

| | | |
|--------------|---|--------------------------|
| Potential | } | <u>3 kinds of wishes</u> |
| Actualizable | | |
| Ideal | | |

Most of us spend our lives on non-actualizable wishes. Find the actualizable wishes. Most "ideal" wishes are non-actualizable. These wishes are mistletoe - cut them off. Don't plod along with them. "Imagination is onyl excess of desire over ~~xxxxxx~~ ability" - Orage.

THE "I" Necessity to establish within yourself an unique and personal "I".
We have too many I's.
Physical center I's are disconnected and go off in different directions.
Thought must connect and fuse.
Subjugate to one single I the personalities in you.
Say over and over again "I am. I have a body". Say it to try to find out what it means. (I am a body is a confusion.)

Self-observation pumps up energy, uncovers that "I". The "I" is not defined by intelligence, talents, gifts, etc. It is simply what you are in yourself.

The body is the only vehicle, cart, vessel, instrument, etc, through which and by which we can find out.

Stripped of your 5 senses and personality, what are you?

What manifestation could you give that an astute psychologist could not reduce to a bodily manifestation?

99% of our 70 years is spent in sublimated animality. (caring for body, thinking about it, etc, etc.)

Get the "I" out from the inside where it is buried, to the outside. All miraculous rebirths in legend and history are just this - the uncovering of the "I".

Our first birth is passive.

Our second birth is active, conscious.

We are born out of our own bodies.

Self observation gets at the "I".

For this 2nd birth, we must first die to our automatic selves; change values, die to the old values.

Gurdjieff says in the cerebellum there is a seed, a germ, which is a possibility of a soul. He calls it the "representative of God in the essence".

"Fragments of a Faith Forgotten."

"Hermes Thrice Greater"

These ancient books show these ideas are not new but have been with man always (esoteric)

TIME In the Physical center we sense time
as one thing after another.
In the emotional center, we experience
a thing AT the time.
In the mental center - time as a thing
in immediacy.

Space { line
plane
solid

Energy { plus
minus
neutral balancing

Time { succession
recurrence
eternity

Space is the field in which time operates.
Time is the actualization of one possibil-
ity in a situation. All other possibilit-
ies die for you, (but remain for others)

When we start to actualize one possibility,
that determines the second, because we
have taken a direction. Thus - the danger
of making a wrong choice - all off in the
wrong direction. Again - find the essential
wish.

Time is the possibility of your existence.
Time can never be subjective.
Wherever a process goes on, there is time.

This method is a TECHNIQUE AGAINST TIME.

12

III

Our body is as much an object of the outside world as a tree, a stone, a planet.

The great absurdity - Science investigates a world image we cast upon our own consciousness.

THE MASK - You must know you have a mask and that little exists behind it. Try to discover how this mask was started. In youth we made always for peace - adjustment to a hostile environment. *Make a list of people you remember earliest in life - put down opposite the name every effect and influence they had upon you. Maybe some of these influences were what we ourselves "put upon" those persons. Our 3 centers are like clocks - they are wound up by and with these influences. And time (material) determines the effects.

We begin by protecting our inner essential selves.

A child has more sense of reality than its parents.

We evolve a mask - sex mask, social mask, professional or national mask. Our "repertory of gestures".

We become 'mask sore' - but it is dangerous to remove the mask, even if we could.

The other person has the advantage over him who momentarily lets the mask slip. A specialized cruelty then goes on.

We can build up behind our mask our essence. Then we are impervious.

Victimization is a form of exhibitionism on the part of both parties.

We cannot go back far enough in our childhood to remember or find out how we put on our masks - hence the difficulty of removing.

We have practically NO manifestation we can make to show our essence. Sometimes we want to show an "essential attitude" to a friend. Often we show just the opposite because we have no gesture that is not part of the mask, etc. . .

WORDS AND ASSOCIATIONS

We waste our minds by words.
We should non-identify with all the traditional things in words.
Because of words and associations, the mind is always in a state of tension, not of attention.
Poetry is a fact translated in another center! Non-identification with the traditional application of the words.

THE CINEMA - It is a recorded fact that people drowning have a complete memory of everything that has happened in life.
Could we never use this power consciously? Everything that has happened to us, every experience, is there within - the impress is in some one of the 3 centers, never to be eradicated, generally forgotten.
BUT EVERYTHING IS THERE.

Try to picture the day's events with yourself as the principal figure, but impersonal.
Do the day from the beginning, not backwards. Engage the mind and leave the emotional center free with its pictures.
Count a series of numbers until it becomes automatic, thus engaging the mind.

1234

4321

2345

5432 and etc, up to 10 or more -

Don't try to remember. DO IT PICTORIALLY.
The unrolling of the cinema. . .

This method of seeing oneself pictorially in all one's daily activity, has been called "a specific against mediocrity".

This is the way of keeping your life from slipping into oblivion.

Four reasons why this nightly cinema is difficult:

- 1 - Usually no self-observation goes on during the day.
- 2 Difficulty of keeping from thinking of the counting.
- 3 Constant interruption due to association.
- 4 Sleep.

After doing the day's cinema, try the cinema of your life!

If we could do these things, if we can teach ourselves to see, impersonally, uncritically, we should gain a mastery over the 3 centers/

There is an "inviolate completeness" which could be property of the human being. We are approaching only the outskirts of it.

For this method - ability to think is the first thing needed.

Be able to think differently than as accustomed, know the world in different categories. This method is a mathematical and material explanation of the creation, maintenance and purpose of the universe and man's responsibility to it.

15

A TECHNIQUE FOR SELF OBSERVATION

Observe: Tones of voice
 Gestures
 Posture
 Carriage
 Facial expressions
 Weight
 Temperature

Weight - here not physiological,
but rather a feeling of heaviness
on awakening in the morning, or of
lightness. Clues to emotional states.
Temperature - not medical, rather the
emotional temperature. Why a sudden
hot flush? A cold clammy sensation?

Oftenthe condition observed disappears
upon observation.

But at first, with this self-observation,
all we are doing is GETTING DATA ON OUR-
SELVES.

16

IV

REPETITION

Investigate what you repeat. (In love, this is fairly obvious - one always repeats)

Investigate all relationships outside the definite love relationship.

You find out your weak spots if you find out where and how you repeat.

Formulate reasons for wanting to wake up and change.

Make repertory complete of your weaknesses and failures. Avoid the MORAL.

Find out the wrong working of your centers.

Try to remember to remember to observe.

Participate in your gestures observed.

Try also to observe how whole trains of thought go on without your taking part in them.

MORALS

The subconscious mind sees the result of our real experiences.

Conscience once uncovered needs no morals.

John the Baptist, crying in the wilderness, is a symbol of man crying in the wilderness of his own body.

Give up the idea that the universe has desirable and ethical ends in view.

Give up "doing good".

Sacrifice mechanical suffering. Suffering is very real to us, therefore we identify with it. Most suffering is mechanical. But our identification with it is real.

Self-pity is the most depleting of the emotions.

Charles Chaplin - the epitome of self-pity, which explains why all the world identifies with him.

Be careful of self-depreciation. DON'T DISCOURAGE THE BODY²

You must observe yourself with non-identification, otherwise your statements about yourself sound fantastic.

These ideas give no result unless worked upon. EFFORT IS THE FIRST AND LAST WORD. The Labors of Hercules - the Agean Stables are a man's personality. Clean out your own stables.

Of all the great teachers, Christ is the most cruel when he speaks of the difficulty of doing things with ourselves. One wonders how he came to be called the meek and gentle Jesus.

#Make a catalogue of a friend's image of life; this will help you with your own. Make a formula which encompasses your attitude toward life. "All is lost from the beginning" - Jane's.

We know only two states now - waking and sleeping. (the chart)
There is an exact analogy between our personal psychology and this chart. Everything below the planet is repetition of things perfected above. . . .imperfected repetition. On the chart "God" begins with Planet.

The idea of a "personal god" is the most egotistic gesture of man - that a divine omnipotent Being could be concerned with our transient little life.

Our environment is not this planet we live upon. Ours is the megalocosmos - everything above the planet.

LOVE is of 3 kinds (as far as we are in it)
Instinctive, emotional and conscious.
Instinctive love has chemistry as its base.
And it lasts only as long as, and is only as
strong as, this chemistry.

Emotional love is pathologic. The lover is
a medium through which uncontrolled power
of magnetism passes. Emotional lovers are
the victims of their own uncontrolled
power. Emotional love ALWAYS creates hate
in the lover, then in the loved one, then
back again - an eternal changing of hate.

Instinctive love is the highest type we
know, BECAUSE OF ITS IRRADIATIONS.

Emotional love seldom produces offspring.
It is non-biologic. It evokes its own slayer.

Conscious love wishes that the loved one
should arrive at his own native perfections,
regardless of consequences to the lover.
The paradox: it always evokes the same in the
lover. This love is rare among us.

"Take hold tightly, let go lightly" - an old
Tibetan proverb.

It is always hard to let go. We have fear,
we are oversensitive from past ~~experiences~~
failures, or we have imagination - we
cannot bear to imagine the loved one happier
elsewhere with someone else.

Instinctive and emotional love are uncontrolled
and unconscious. These are dangerous states
to be in. This love is without knowledge or
power.

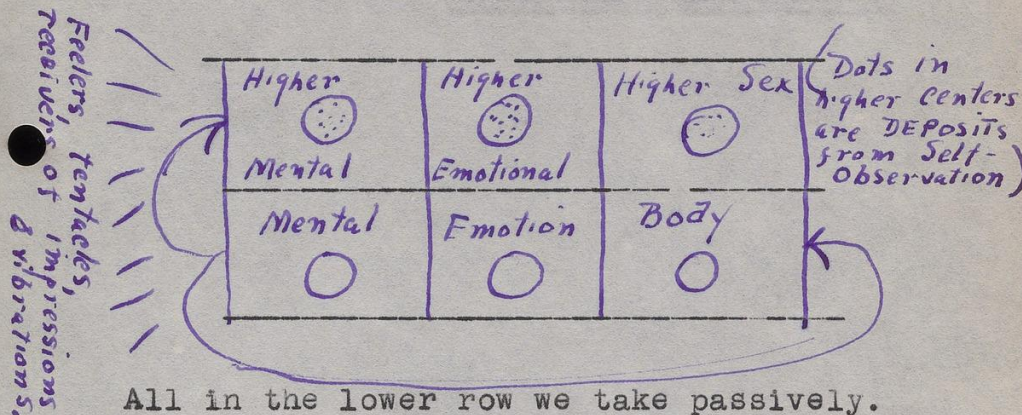
Love can be evoked in 5 associative ways:

- 1 External form (reminding of someone you've been in love with, esthetic associations.)
- 2 Feelings influenced by other people. You love what others love, or what others hate, etc.
- 3 Suggestions - influenced by praise of others, etc.
- 4 Superiority - you get the idea that another person is superior.

"All the rot about 'ideals'"

* * * * *

PICTURE OF SELF-OBSERVATION



All in the lower row we take passively. We must "coat" the higher body. Self-observation makes this active - the worm must turn and observation starts with the body.

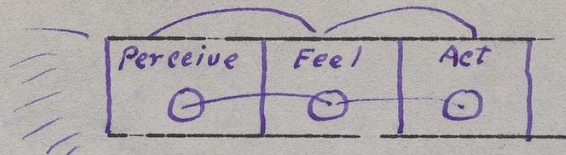
THINK!

Another picture of Man -

Every $\frac{1}{10,000}$ of a second - an impression.
 Every 3 seconds - a breath
 24 hours - a day
 80 years - a life

20

ANOTHER PICTURE OF MAN



This is how it always works - we perceive, we feel, we act. The 3 inter-connected centers.

(At night - we jump in half-sleep. .
one of the centers disconnecting)

This above interconnection of the centers works only in waking hours.

Study your dreams. There is a self-contained energy left over in some one of the centers. You can discover in which center you contain unused (during the day) energy.

Do you have predominantly physical, mental or emotional dreams?

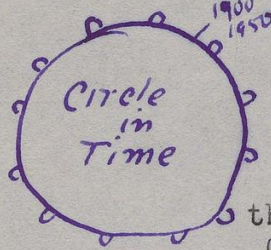
The 3 centers fall asleep separately. Sometimes one center does not sleep at all during the night. ~~X~~ Times we awaken with a feeling of suffering, though the physical self has slept soundly. This means the emotional center was wide awake all night with some suffering.

Teach yourself to put all 3 centers to sleep at any time. If this could be done we would need little sleep. Gurdjieff awakens people at the Priory, at all hours of the night, making them change their beds, saying: "You're not sleeping anyhow. Why not spend the night talking and learning something?"

21

V

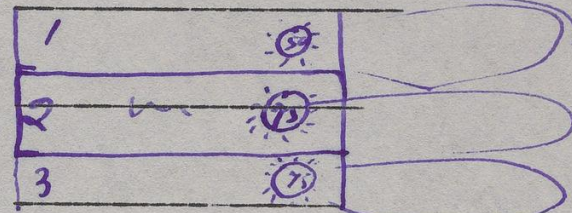
OUR LIFE



Consider each year of your life as a chair. See yourself sitting in it, see the chairs you will sit in. You should be able to see yourself both ways in time - back to the beginnings, forward to death. Our effort is to break this circle in time - not repeat. Eternal Recurrence.

Man, 3-centered,
geared to connect with.

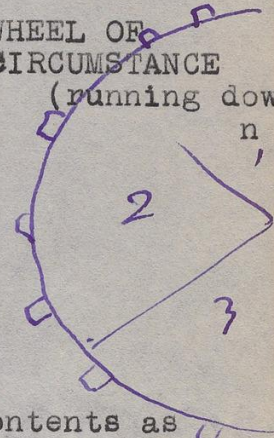
3 centers like
wheels in a clock



4 (Self observation)

WHEEL OF CIRCUMSTANCE

(running down)



These wheels are emptying their contents as they connect with the wheel of circumstance.

Numbers in centers represent relative proportional strength of the center.

The functioning of these 3 centers depends on a set of seven accidental circumstances

- 1 Heredity in general
- 2 Conditions at moment of conception.
- 3
- 4 "Degree of Being" in parents.
- 5 Quality of 'being' manifested in people around us.
- 6 Good wishes, thoughts and actions manifested by people around us.
- 7 Conscious effort on our own part, during childhood

A BEING CONSISTS OF ITS APPETITES.

Intelligence is due to innate arrangements in the nervous system. You are born intelligent. You can never acquire intelligence.

Instincts are given to man to enable him to cope with his situation.

We, in this method, are like Lucifers, cast out from the mechanical heaven in which we live. We must realize the solemnity of the situation. We must think with terror of dying. . . unfinished.

We die according as ~~surroundings~~ the contents of one center are used up prematurely:

Physical dying - doctors have names for it but no cure. Sport addicts often die thus. Statistics show wrestlers die at the average of 49

Emotional dying - Artists die as the result of the disharmonizing in the tempo of their lives.

Mental center dies - reading, studying and superfluous associations provoked. "Dying by newspapers"

To NOT die in one center, get an activity that is linked up with another center. Put a regulator on the spring of each center. Do not allow one center to overwork. You give yourself up to the associations in the functioning of these centers.

HARMONIOUS ASSOCIATIONS With the 3 centers is difficult to acquire. Self-observation is the first regulator. You thus begin to cut off the superfluous associations running into one center.

The tragedy is that when one center dies, runs down, it affects the other two without their taking part.

NEGATIVE EMOTIONS

The commonest of the negative emotions is anger, displeasure, etc.

Next after associations, negative emotions are the most depleting of our 'activity'.

Negative emotions are difficult to handle because they are insusceptible to reason. When we THINK reason has come in, it is usually only another emotion that has been added.

Bodily well-being usually pulls us out of anger - the coming in of another center, the physical. Child care stresses keeping the body busy. This is calling in the physical center to equalize small rages, fears, in emotional center.

ALMOST ALL FORMS OF NEGATIVE EMOTION ARE INFANTILE.

Some negative emotions, like despondency, despair, jealousy, need help from the outside. This usually calls in more negative emotions on the part of the helpers - they must lie, tell 'charitable untruths' and thus an anger arises for being thus forced.

Make a list of the dramas of negative emotions. You will find all are tragedy. If you are not secretly in love with your negative emotions, there is usually a cure. (Most people are in love with theirs. They do not want to get rid of them.)

To get rid of a negative emotion, say "I am sick" Do NOT say what made you sick. When you say "I am sick" a positive attitude is at once established.

Observe manifestations of each mood in your negative emotions. When one is angry at you, don't meet him with anger, with the same center. "Turn the other cheek" - a recommendation to turn another center.

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Write a candid opinion of yourself as you think someone would write it to you. Something in us is NEVER deceived. Often the result is amazingly near the truth. Often the getting of this opinion is necessary for your future life and its development.

When a bad situation arises, ask yourself: "What did that friend expect of me?" "What did I give him?"

Christianity has not been tried and found wanting; it has been found difficult and never tried.

In perfecting a technique of living, the great difficulty is the body. It is first necessary to organize the outside life, the life of the body.

There is no chance for a significant relationship with a person whose center of gravity is the physical center. The body will always triumph - and your 'friend' will fail you.

We always expect behaviour of people without bodies. Don't trust. No illusions. A physical center person never loves, but always hates. He hates to have his body deranged.

You project your chemistry on other people and your relationship with them is a result. Your unconscious manifestations are more powerful and get more results than your so-called 'conscious'.

You receive what you evoke.

CHIEF FEATURE

In each one of us is a "special little quirk" - the last little thing added to the scale. This is what makes you do things as YOU do them, and not like anyone else.

In bowling balls there is a pellet of lead added, so that it must be thrown with a special quirk to make it go straight.

We must learn how to send ourselves off with a certain quirk to make us go straight.
We must learn where Chief Feature lies, what it consists of.

Chief Feature is the pattern of your wishes and motives.

It is mechanical.

It is of the essence but in the emotions.

Chief Feature gives you illusions of freedom. (Freedom is actually the absence of choice or wishes.)

Write about yourself as of another person. In a situation, how do you behave? This gives a clue to Chief Feature.

Look for Chief Feature in 5 things:

Greed
Self-pride
Lying
Fear
Sex

"Chief feature is not nice".

Chief Feature can often be a combination of one or many of these 5 things. It is always the last little thing making you act as you do. It is in every situation. Look for it.

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Caption: [Folder 760: Conversation with Gurdjieff]

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26

Chief Feature is imaginary.
It is not real.
It is emotional.

Chief Feature is not ever a good thing;
but once found, it can be used consciously.

Chief Feature is an outgrowth of your
emotional attitude toward yourself.

* * * *

LAW OF THREE In the cosmological scale
this operates at shock. The shock carries
us beyond, in the octave. The shock is
self-observation.

We have 3 forces in us. The plus and the
minus (sexes, elec. etc)
And science is the 3rd force.
The 3rd force is the neutral-
balancing force.
The mind affirms, the body
denies all.

All energy leaks away from the bottom of
the triangle because it is open.

Some have no emotions after 30.

Some stop mental growth at 7 or 8,

Many die before their time.

Close up the triangle, stop the leak.

A 3-centered force is given us each morning

We cannot use but a part of it; the rest
leaks away. One uses only 1/10.

If the bottom of the triangle can be
closed, new energy flows in to be stored.

In psychology, the 3rd force is usually
the motive behind the act.

#Problem: Find out the motives behind
your acts. (Usually emotional)

Law of 3 operates in fairy tales.

Three princes each with a task, the
reward being in one of the 3 centers.

A set-up of man (law of 3)

matter

emotion

physical

THE EMOTIONS ARE SITUATED IN THE SOLAR
PLEXUS. A system of nerves across the
center of the being. Like the Milky Way,
a galaxy of disconnected nerve centers.

Know-able
REALITY Do-able
Feelable

Unless these three operate at once, it is not reality. (That's why Reality is never found.)

There is continual argument between the 3 centers in man. The body is the tyrant.

The Cosmological chart presents an exact analogy with our psychological processes. The shock in our life is self-observation.

Everything we ~~touch~~ touch is degraded - air, water, food, etc. We send energy into the planet thus. We are the digestive apparatus. OUR REAL FUNCTION IS TO UP-GRADE ENERGY. Change the vibrations into higher instead of lower. (Some like breathing, eating, etc are automatic and must go on.) We give only quantity vibrations. We should give quality vibrations to this ~~expensive~~ octave. As we function, vibrations are extracted from us by nature. A few quality vibrations would make up for a great many quantity vibrations.

We're in a situation - "The terror of the situation" - Gurdjieff.. We're like sheep, taken for the mutton and the wool. Nature feeds us, cares for us but not for love, but for profit from us. Nature takes from us with a drastic hand - takes vibrations from us she can't get voluntarily.

If we could only give ONE quality vibration.

Wars, for example. Nature needs those vibrations. Deaths give vibrations to the planet. 10,000 bodies going back to earth - the suffering before death is one kind of vibrations, the crystallization of material substance, another kind. All goes back to the planet.

ESSENCE is difficult to define. It must
be found out by relations.
Human essence is composed of 2,000 million
people. This number implies history, all
your evolution from the animal up.
EACH ONE OF THE 2,000 MILLION IS ONE OF
YOUR POTENTIALITIES ACTUALIZED.

mi. Essence is composed of 3
re notes - anger, hate and fear.
do

Anything else is an overtone, that which
might exist, but which does not. All
the so-called 'good' in the world -
philanthropies, etc - are possibilities
not actualized. Usually you find the
motive is one of the 3 notes - anger,
hate or fear.

#Try to find out in you the distribution
of anger, hate or fear. These 3 can be in
one center, or in all 3.

We have to make an effort to get at essence.
It is not your own - it is human essence.
In getting at it, it is fatal to identify
yourself with it. Get at motives, then
more easily you will get at essence. When
you get at essence, what you learn can
be widely applied. . . arts, etc.

There are AFFIRMED EMOTIONS of
humanity. In great literature, in
great art, there are no emotions that
have not to do with the affirmed
emotions of humanity. . . something
every man could understand.

Your essence is material. It can be changed.
Essence aspires to be soul. It has no sex
differentiation. It is wishes.
Wishes are planetary. You are interesting

or dull according to the number of planets in conjunction at conception. More planets, more interesting, etc.

PERSONALITY is a cross-section of all streams of activity at any one moment.

The pattern of your habits is personality. Personality is a mass of unfused chemicals.

#Analyse yourself in respect of some person near you. How do you recognize yourself? How do you know yourself from another?

What is the ESSENTIAL POWER in you? To find out, gratify all your fancies and whims. Gratify and watch yourself. Whims and fancies change. An essential power does not. You must find this out by excess.

To have essential power you must have ESSENTIAL WISHES.

Potential

Actualizable There are 3 kinds

Ideal

Most of us spend our lives on non-actualizable wishes. Find the actualizable ones.

Most "ideal" wishes are unactualizable.

These are mistletoe, cut them off.

"Imagination is only excess of desire over ability" - Orage.

THE "I"

Necessity to establish within yourself an unique and personal "I". We have too many "I"s. Thought must connect and fuse.

Subjugate to one single "I" the personalities in you.

Say over and over again "I am." I have a body". Say it to try to find out what it means. (I am a body is a confusion.)

Self-observation pumps up energy, uncovers that "I". The "I" is not defined by intelligence, gifts, talents, etc. It is simply what you are in yourself.

The body is the only vehicle or instrument, through which and by which we can find out.

Stripped of your 5 senses and personality, what are you? (Nothing)

What manifestation could you give that an astute psychologist could not reduce to a bodily manifestation? (None)

99% of our 70 years is spent in sublimated animality. (caring for the body, thinking about it, etc.)

Get the "I" out from the inside where it is buried, to the outside. All miraculous re-births in history and legend are just this - the uncovering of the "I". Our first birth is passive.

Our second birth is active, conscious.

We are born out of our own bodies.

Self-observation gets at the "I".

For this 2nd birth, we must first die to our automatic selves, change values and die to the old values.

p. [88]

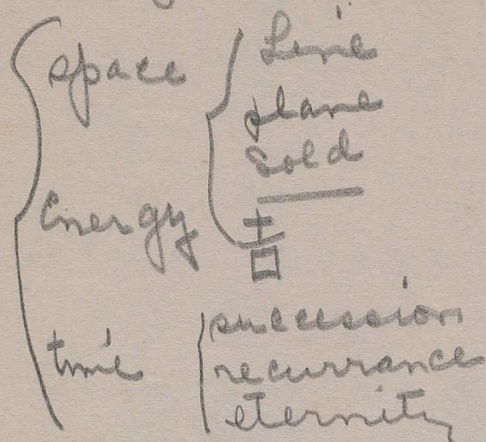
Caption: [Folder 760: Conversation with Gurdjieff]

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Gurdjieff says in the cerebellum there
is a seed, a germ, which is a possibil-
ity of a soul. He calls it "the re-
representative of God in the essence -

* * *

Time) In the physical center we sense time, as one thing after another. In the emotional center, we experience a thing at the time. In the mental center time as a thing in immediacy.



Space is the field in which time operates.
Time is the actualization of one possibility in a situation. All others die "for you"

(but remain for others) =

When we start to actualize one possibility, that determines the second, because we have taken a direction, thus the danger of making a wrong choice. — all of in the wrong direction. Again, find the essential wish. "Time" is the possibility of your existence. Time can never be subjective. Wherever a process

Goes on, there is time.)
(This method is a Technique
against time)

Addenda - Part 2 -

{ This method is psychological
technique of life. Most people
are technique-resisting =

{ In the Solar plexus the negative
emotions are situate in the left
side. positive in the right side.
Locate the agitation and the
kind of emotion acting on you can
be known.

{ Essence is eternal, compacted
of internal relations simple or
complex but individual at every level.

{ When we talk about our essence,
we talk about psychology -

Time is the actualization of one possibility in a situation. The moment we begin to actualize one possibility in a situation, all others are dead to us. (but exist for others on earth)
 The moment we actualize, the next is decided. (This gives a direction in time)
 (Time) is my possibility of experience.
 (Time) is the exhaustion of the means to renew ourselves —

(Time) is the unique subjective. It can never be objective. It cannot exist for you outside yourself. Your time is in you.

Eternity is possibility of the actualization of every possibility in a situation at the same time. } Art is subjective emotion backed up by craftsmanship
 Art enjoys only vivid values. } — Mahabharata
 greatest objective art? —

We progress in detail. The whole is often lost in details

Essence will put you eventually
in a certain current in life. You
may want to change the current —

Axis is essence. Europe is personality.

Sleep is a rehearsal of death. If we
could answer questions and do
problems in our sleep - i.e., in
sleep of our centers - this would
be a sign of consciousness existent
without body. "This" would be a small
hope for immortality.) This would
be manifestation stripped of the 5th
~~center~~ series and personality =

Cerebellum - "the seed at war" - our
unconscious brain. Should be our
conscious brain. Everything that has
happened to us in life is there, jammed
up in the cerebellum, escaping only
in sleep, trances, etc. —

We understand space in three ways

| | | |
|---|---|-------------|
| $\left\{ \begin{array}{l} \text{Line} \\ \text{plane} \\ \text{Solid} \end{array} \right\}$ | $\left\{ \begin{array}{l} \text{Time as} \\ \text{' ' ' ' } \end{array} \right\}$ | progression |
| | | recurrence |
| | | Solid |

Energy as $\left\{ \begin{array}{l} + \text{ plus} \\ - \text{ minus} \\ \square \text{ neutralizing force} \end{array} \right\}$

Use the pause - There is a minute pause before a certain center prompts to action. This pause is the neutral - balancing force at work - we should use this pause. Then work life chess players with ourselves. Strong personalities are a hindrance. They are active, or too passive, in the moves. Strong personalities over-shoot the mark -

Our body is as much an object of outside world as a tree, a stone or a planet -

The great absurdity - science investigate a world image, which we cast upon our own consciousness, -

Part III

The mask - you must know you have a mask and that little exists behind it. Try to discover how this mask was started in youth. We made always for peace, adjustment to a hostile environment.

* Make a list of people you remember earliest in life - put down opposite the names, every effect and influence were what we. "put on" these persons.

* Our three centers are like clocks. They are wound up and with these influences and time, (material) determines the effects.

We begin by protecting our inner essential lives.

A child has more sense of reality than its parents. We evolve a mask - (sex mask, social mask) professional or national mask.

Our "repertory of gestures"

We become (mask-ore) - but it is - dangerous to remove our mask, even if we could. - The other person has the advantage over him, who momentarily lets his mask slip. // —

a specialized cruelty then goes on —
we can build up behind our mask our
essence, (then we are impervious)

"Victimizations" is a form of "exhibitionism"
on the part of both parties. (We cannot
go back far enough in our childhood to
remember or find out how we put our
masks on. Hence the difficulty of re-
moving — we have practically no mani-
festion we can make to show our essence.
Sometimes we want to show "an essential
attitude" to a friend — often we show
just the opposite part of the mask, etc

Words and association —
we waste our minds by words. We should
non-identify with all the traditional things
in word. "Because" of words & association,
the mind is always in a state of tension,
not of attention. Poetry is a fact-trans-
lated in another center. "Non identifi-
cation — with traditional application
of the words —

"The Cinema -"

It is a recorded fact that people drowning have a complete memory of every thing that has happened in life.

Could we never use this power consciously? Every thing that has happened to us, every experience, is there with us. - the impress is in some one of the 3 centers, never to be eradicated, generally forgotten. (Everything is there) —

Try to picture the days' events with your self as the central figure. But impersonal. Do the day from the beginning, not backwards, engage the mind and leave the emotional center free with its pictures. Count a series of numbers until it becomes automatic, thus engaging the mind -

1 2 3 4 -

4 3 2 1

2 3 4 5 -

5 4 3 2 - and etc

up to 10 -

Don't try to remember, do it pictorially the unrolling of the cinema - This method of seeing one self pictorially in all one's daily activity, has been called a "specific against mediocrity"

This is a way of keeping your life
from slipping into oblivion.

Four reasons why this nightly cinema
is difficult: -

(1-) Usually no self-observation during
the day. This S.O. necessary.

(2) Difficulty of keeping from thinking
of the counting.

(3) Constant interruption due to asso-
ciation.

4 Sleep.

After doing the day's cinema, try
this cinema of your life.

If we could do these things, if we can
teach ourselves to see, impersonally,
(uncertain) uncritically, we should
gain a mastery over the 3 mechanical
centers, there is an "involute complete-
ness" which could be property of human
being, we are approaching only the
outskirts of it.

For this method, ability to think is the
first thing needed - Be able to think
differently than as accustomed, know

the world in different categories,
 This method is a mathematical and
 material explanation of the
 creation, maintenance and
 purpose of the universe and man's
 responsibility to it.

"A Technique for self observation"

(observe

{ Tones of voice
 Gestures
 Posture
 Carriage
 Facial expression
 Weight
 Temperature

Weight - not physiological,
 rather a feeling of heaviness, on
 awaking in morning, or of lightness,
 clues to emotional state, etc -

"Temperature" - not medical, rather -
 the emotional temperature. Why a
 sudden hot flush? A cold clammy
 sensation? -

"Often" the condition observed, disappears
 upon observation. "But" at first, with
 this self-observation, all we are doing is
 setting "Data on Ourselves."

"Repetition" IV

"Investigate" what you repeat. (In love this is fairly obvious - one always repeats) Investigate all relation-ship outside the definite love relation-ship. You find out your weak spots if you find out where and how you repeat.

"Formulate" reason for wanting to wake up and change.

Make repertory complete of your weakness and failure. "Avoid moral"

Find out the wrong working of your centers.

"Morals") The subconscious mind see the result of our real experiences: Conscience, once uncovered need no morals. —

John the Baptist, crying in the wilderness is a symbol of man crying in the wilderness of his own body —

Give "up" the idea - that the universe has desirable ethical ends in view...

Give up, doing good —

"Sacrifice" mechanical suffering. Suffering is very real to us, therefore we identify with it. (Most suffering is mechanical. But our identification with it is real —

Self-pity is the most depleting of the emotions = Chaplin = the epitome of self-pity, which explain why all the world identifies with him.

Be careful of self-depreciation, Don't discourage the body —

You must observe your self with non-identification other-wise your statements about your self sound fantastic.

These ideas give no result unless worked on. (Effort is the first and last word) The Labors of Hercules — and Aegean stables are a man's personality — Clean out our own stables.

Of all the great teachers, Christ is the most cruel when he speaks of the difficulty of doing things with our selves. One ~~thinks~~ wonders how he came to be called the meek and gentle Jesus.

"Make" a catalogue of a friend's image of life; this will help you with your own.
"Make" a formula which encompasses your attitude toward life, "All is lost from the beginning"

We only know two states now -
(sleeping and waking.) There is an
exact analogy between our personal
psychology and this chart. - - -
Everything below the planet is repetition
of things perfected above - - imperfect
repetition. (On the chart) God begins
with "planets".

The idea of a "personal God" is the most
egotistic gesture of man. - that a divine
omnipotent being could be concerned with
out transient little life,

Our environment is not this planet
we live on, "Sun is the megacosmos
everything above the planet -

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are in it)

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springs. It is non-biological. It
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object should arrive at its own native
perfection, regardless of consequences
to the lover. This love is rare among
us. —

"Take hold tightly, let go lightly" a proverb
from Tibet. It is always hard to let
go, we have fear, we are over sensitive
from past failures, or we have imagin-
ation - we cannot bear to imagine the
loved one happier elsewhere with some
one else — "

Instinctive and emotional loves
are uncontrollable and unconscious,
These are dangerous states to be in,
This love is rare among us —

~~Love~~ Love can be evoked in 4
associative ways.

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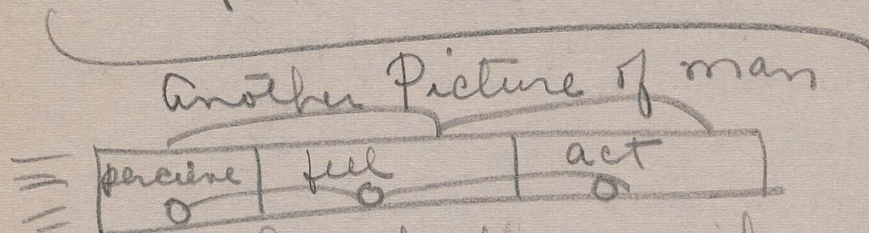
(4) Superiority - you get the idea
that another person is superior.

"all the rest about ideals..."

When associations work and run
to-gether in harmony, then we
are in love.***

"All" in lower row we take passive
ly - "we must coat" the higher
body. Self-observation makes this
active = the worm must turn,

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This is how it always works - we perceive, we feel, we act. The three inter-connected centers, (at night we jump in half sleep - one of the centers disconnecting) This above interconnection of centers work only on the waking hours.

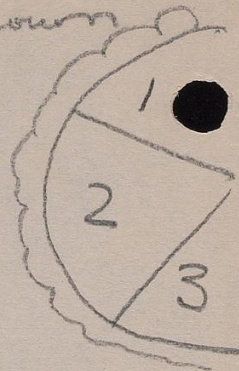
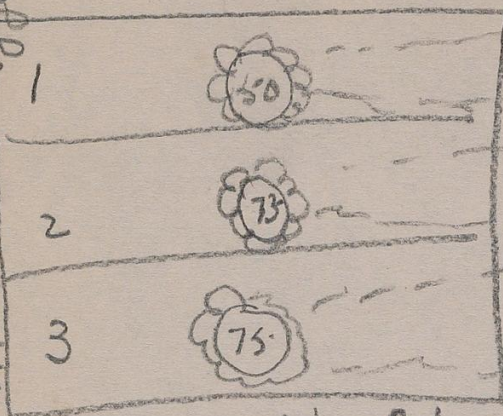
Study your dreams: - There is a self contained energy left over in some one of the centers. You can discover in which center you contain unused (during the day) energy. Do you have predominantly physical, mental or emotional dreams - ?

The 3 centers fall asleep separately,
 Some-time one center does not sleep
 at all during the night. Times we
 awakes with a feeling of suffering,
 though the physical-self has slept
 soundly - This means the emotional
 center was wide awake all night with
 some suffering = Teach yourself
 to put all 3 centers to sleep at any
 time. If this ~~could~~ be done, we would
 need little sleep. Gurdjieff awakens
 people at the Priory, at all hours
 of the night, waking them change beds
 saying "You're not sleeping any how,
 why not spend the night talking and
 learning something?"

1900
 1950 Our Life
 Circle in time
 Consider each year of your
 life as a chair. See your-
 self sitting in it, See the
 chair you will sit in. Should
 be able to, see your self both ways in
 time, - back to beginning, forward till
 death. Our efforts is to break this circle
 in time, - not repeat - Recurrence =

"man" 3-centered = geared to
connect with) wheel of circumstance
running down

3 centered like wheel
in a clock - cogged



"4 - self Observation"

These wheels are emptying their
contents as they connect with the
wheel of circumstance. —

number in centers represent relative
proportional strength of center.

The functioning of these 3 centers
depends on a set of 7-circumstance
(accidental)

- 1- Heredity in general
- 2- Conditions at moment of conception!
- 3 — —
- 4 "Degree of Being" in our Parents
- 5 "Quality of Being" manifested in
people around us.

- { -6 "Good wishes", thoughts and actions
 manifested by people around us, -
 { -7 - Conscious effort on our own part
 during childhood } =

"A being" consists of its appetites.
 Intelligence is due to innate arrangement
 in the nervous system. You are born
 intelligent = you never acquire in-
 telligence -

Instincts are given to man
 to enable him to cope with his
 situation -

We in this method are like "Lucifers"
 cast out from the mechanical heaven
 in which we live. We must realize
 the solemnity of the situation. We must
 think with terror of dying unfinished =

There are 7 accidental circumst-
 ances determining the reactions of
 our 3 centers. We die accordingly
 as the contents of one center are used
 up prematurely =

Physical "dying" = doctors have names for it - but no cure. Sports addicts often die thus = "Statistics show wrestlers die at 49 years!"

"Emotional" dying. artists die as a result of the disharmonizing in the tempo of their lives -

"Mental centers die" - reading - studying and associations - (superfluous) provoked "Dying by newspapers"

To ^{not} die in one center, get an activity that is linked up with another center -

Put a regulator on the spring of each center. Do not allow one center to overwork. You give yourself up to the association in the functioning of these centers.

Harmonious association = with the 3 centers is difficult to acquire. self-observation is the first regulator. You thus begin to cut off the superfluous

negative emotions

The commonest of the negative emotions is anger - displeasure etc. Next after association, negative emotions are the most depleting of our activity.

Negative emotions are difficult to handle because they are in-susceptible to reason. When we think reason has come in, it is usually only another emotion that has been added -

"Bodily well-being usually pulls us out of anger. - the coming in of another center, physical. Child-care stresses keeping the body busy - This is calling in the physical center to equalize small rages, fears, etc. in its emotional center -

{ Almost all forms of negative emotions are infantile

Some negative emotions, like despondency, despair, jealousy - need help from the outside. This usually calls in more negative emot

on the part of the helpers - they must lie - tell - "charitable" untruths and thus an anger arises for being so forced -

Make a list of the dramas of negative emotions. You will find all are tragedy - If you are not secretly in love with your negative emotions, there is usually a cure. (most people are in love with theirs, they do not want to get rid of them)

To get rid of a negative emotion, say: I am sick - Do not say what made you sick; - when you say, I'm sick a positive attitude is at once established - Observe manifestation of each mood in your negative emotions

When one is angry at you, Don't meet him with anger. with the same center, "Turn the other cheek" - a recommendation to turn another center -

Write a candid opinion of some one
as your self - think they would write
it to you. Something in us is never
decided. Often the ~~same~~ result is
amazingly near the truth. - Often
the getting of this opinion is nec-
essary for your future life and its
development

When a bad situation arises, ask
yourself) "what did that friend expect of
me?" "what did I give him."

● "Christianity has not been tried and
found wanting; it has been found
difficult and never tried = =

In perfecting a technique of living.
the great difficulty is the body - -
it is first necessary to organize the
out-side life, the life of the body

There is no chance for a significant
relation - ship - with a person whose
● Centers of gravity is in the physical
center. - The body will always triumph
and your (friends) will fail you -

We always expect behaviour of people
with-out bodies - don't trust. No
illusion. A physical center
person never loses - but always
hates - He hates to have his body
deranged ~~~~~

You project your chemistry on other
people and your relation with
them are a result ~~~~~

Your unconscious manifestation
are more powerful, and get more
more results than your so-called
(conscious) your receive
what you evoke ~~~~~

Chief Feature

In each one of us a "special little quirk" - the last little thing added to the scale. This is what makes you do things as you do them, and not like anyone else..

"In bowling balls there is a pellet of lead added, so that it must be thrown with a special quirk to make it go straight - " We must learn where Chief Feature lies, what it consists of..."

"Chief feature" is the pattern of your wishes and motives. "It is mechanical. It is of the essence, but in emotions..."

"Chief Feature" gives you "illusion of freedom" (Freedom is actually - the absence of choice of wishes) - - write about yourself as if of another person. In a situation, how do you behave? This gives a clue to Chief Feature! (Chief Features

is wish. (Look for Chief feature in 5 things)

| | |
|---|---------------------------------|
| greed self-pride lying fear sex | { "Chief feature is not nice" } |
|---|---------------------------------|

(Chief feature) can often be combination
of one or many of these 5 things.

It is always the last thing making
you act as you do - It is
in every situation. Look for it -

("Chief feature" is imaginary. It
is not real - It is emotional -

("Chief feature is not even a good
thing, but once found it can be
used consciously - - ("Chief feature
is an out growth of your
emotional attitude toward yourself."

Read - Elliot - (Book on Atlantis)

The Sphinx is supposed to be a replica of a figure before a temple door in Atlantis.

"The symbol of the sphinx -
Consciousness. - "Body of a Bull"

claws of a lion (Strength) ^{↓ (Effort)}

Breasts of a virgin (Impartial Love)

wings of an eagle (Ability to Soar)


Face of a conscious being.

In writing of Plato - He relates how in his travels - (Egypt). He saw the actual ground - plans of Atlantis

The Seal of Solomon.



Ancient and
universal
2 triangles. 2 eyes

"The swastika -" 

The - one line - represents our birth. We must turn around, be re-born in conscious. the line is active, ^{conscious}

There has been all Knowledge in the world, but vast bodies of it have been wiped out. (wars)

Calamities. etc) as chalk off a slate. - But all over the world we find proofs - (if we can read) of superior Knowledge. (Atlantis, Stonehenge, Pyramids, Mayan architecture - temples - etc.:

As in the life history of the human race, so in our personal life history = there are great blocks of memory that we irretrievable to us -

The cathedrals, monuments
etc. - were built with a con-
scious purpose. to elevate
for a moment the vibrations
of people, This was a conscious
attempt to leave the masses...

An attempt to force people to
non-identify for even one instant-
== " == " == "

"This is a method of Effort-
conscious effort not automatic,
mechanical effort =, as we
are, there is no will. Will as we
think we have it is a state of
development. Will is a possibility
in a higher center. All we call
development now is but an
extension of one of the 3 centers -
all our art but an extension

of emotional center - etc. -
all supposed development in the
world to-day is really a detriment.

The obligation and highest aim
of man is to understand and
co-operate with the laws of the
universe. The universe is an
intelligent creation and therefore
intelligible. There are answers
to everything:

Nature can do no more. Man
is the highest possible development
of a self-evolving form.

All further development requires
conscious effort. This requires
labor comparable to that which Nature
has expended on our development
thus far. milleniums of it -

In all nature creations, a
certain activity follows a certain form.

The start toward consciousness -
neutral scientific observation
of one's self. - Begin with the
body, because of its speed. - Body
is 3-times faster than emotions

Emotions are 3-times faster than
thought. - Gestures are speedy
and proficient; habitized from
birth. - It is almost too fast for
itself to observe - Here the
personal equation is most
pernicious; but remember the
body is ~~some~~ thing - "out-side" the
"I" - "

We are an animal with a families
psyche - a psyche to have form
must be three fold. - A three
fold psyche means the three
centers in the birth are developed
equally - { instinctive } emotional {
 { mental }

"Be conscious of your body"
"aware of emotions and
mindful of your thoughts -"

"Feel with the mind, and think
what you feel - this is insurance
against - self-deception. -"

"We observe at first only with
the emotions - the wish to do this &
that! avoid one centered observation
"this is a pathological attack."

"Eradicate subjective weaknesses -
greed at table etc. Don't try to observe
yourself in excess. You are then
observing an over-functioning ^{organism}
"Self-observation" is not the body
observing the body. (like an actress
in a glass.)

"Self-observation, is the first
step toward - Freedom from
Associations -"

{ We must non-identify with
the Body - }

"There are 3-Kind of People"

{ A-people are Masters. (Budaka-christs.)

{ B-people are Artists, interested in
experience, not facts.

{ C-people are scientists, positivists,

Facts - are more agreeable to them.

"

"

"

"

"

"

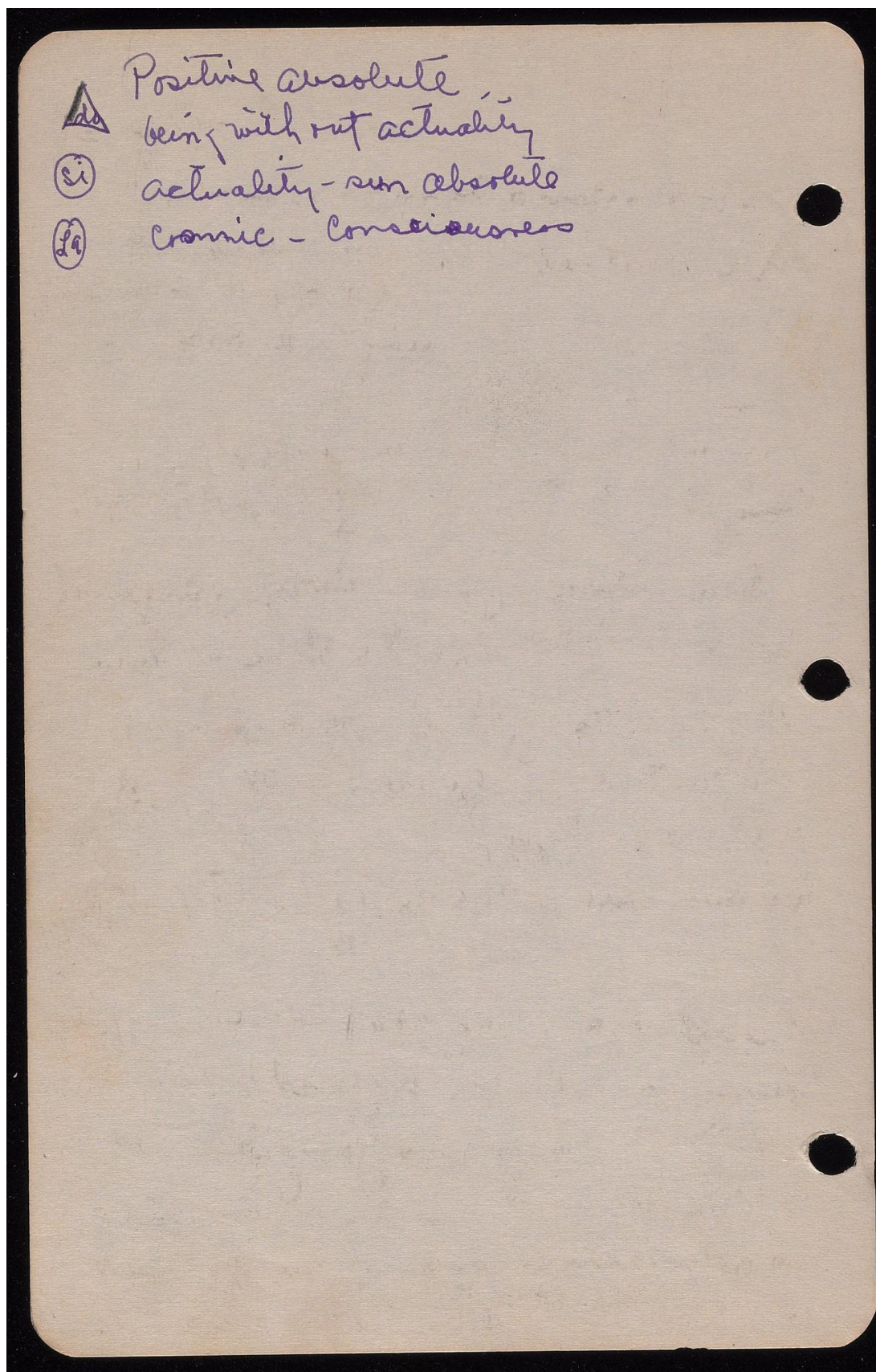
{ Magnetic-center people have a few
cells in the brain, not monkey
cells. These can be developed
into traits of B-people - - -

{ Find out what you are. Are you
predominantly - practical, emotional
or mental. In which centers do
do you work - and in which centers
do you expect your rewards?

p. [122]

Caption: [Folder 760: Conversation with Gurdjieff]

Image ID: 10594986



we are in a state of arrested development

A1 - centered being is a worm -
 A2 - centered " " " Animal
 3 " " " 2 dimensional)
 " being is a mass -

We take no part in our activity.
Everything is done in us from out-side.

Our whole life is wasted in argument
(yes & no.) between the three centers -

The contents of three - 3 centers were
accidentally acquired. Thus. they
are accidentally called forth - 1%
is our-selves. 99% of us is Sociology

The ages of our different centers differs
there can even be different ages in one
center - Physical - young face. old
neck etc - we can develop
hallucinations of our centers
as we - "develop" - one can be

retarded - mentally and develop
a mental hallucination.

retarded emotionally and
develop emotional hallucination -

The 3 centers like types - physical
(yogi) emotional - (monk) mental
(ascetic) - Each is a one centered
development, developed at the
expense of the other two centered.

Our brain has undergone
development only for survival.
It is not a truth-finding organ!

Everything tends to put us to sleep -
suggestibility, etc -

We start with these 3 centers
practically empty. The emotional
and mental has inclination,
desires - pleasing to them. Constant
repetition of same desires makes
our character. We receive

10,000 - impressions per second.
but we register practically
not one. We always choose
by our habits of yesterday -
repeat - repeat - We have no-
future. Our lives are in idle
escape from one error into
another. - Our race, etc - is
indicated by a series of gestures -


● A Human being can make - 20 -
gestures, but makes usually
only - 5 - - Find out the repertory
of your own gestures. The agency
of the will is not admitted in the
scheme of psychology. What we
call - "will" is only desire -

● The first symptom of awakening
from our sleep is to suspect
we are asleep. It is more
difficult to awake from our dreams

deeper than from our lives, state.
 Our life state. / to a trained observer
 gives us away. - Man collects
 impressions and executes behavior
 and by his behavior is he known.
 A need is an internal - dis-
 equilibrium - one needs a
 shock to awaken - one must want
 to awaken - do not disturb those
 who are - (sitting pretty) unless
 their need is great - one loses
 one's place and one must go
 thru life standing - Standing is not
 comfortable, especially if a good
chair has been lost -

II

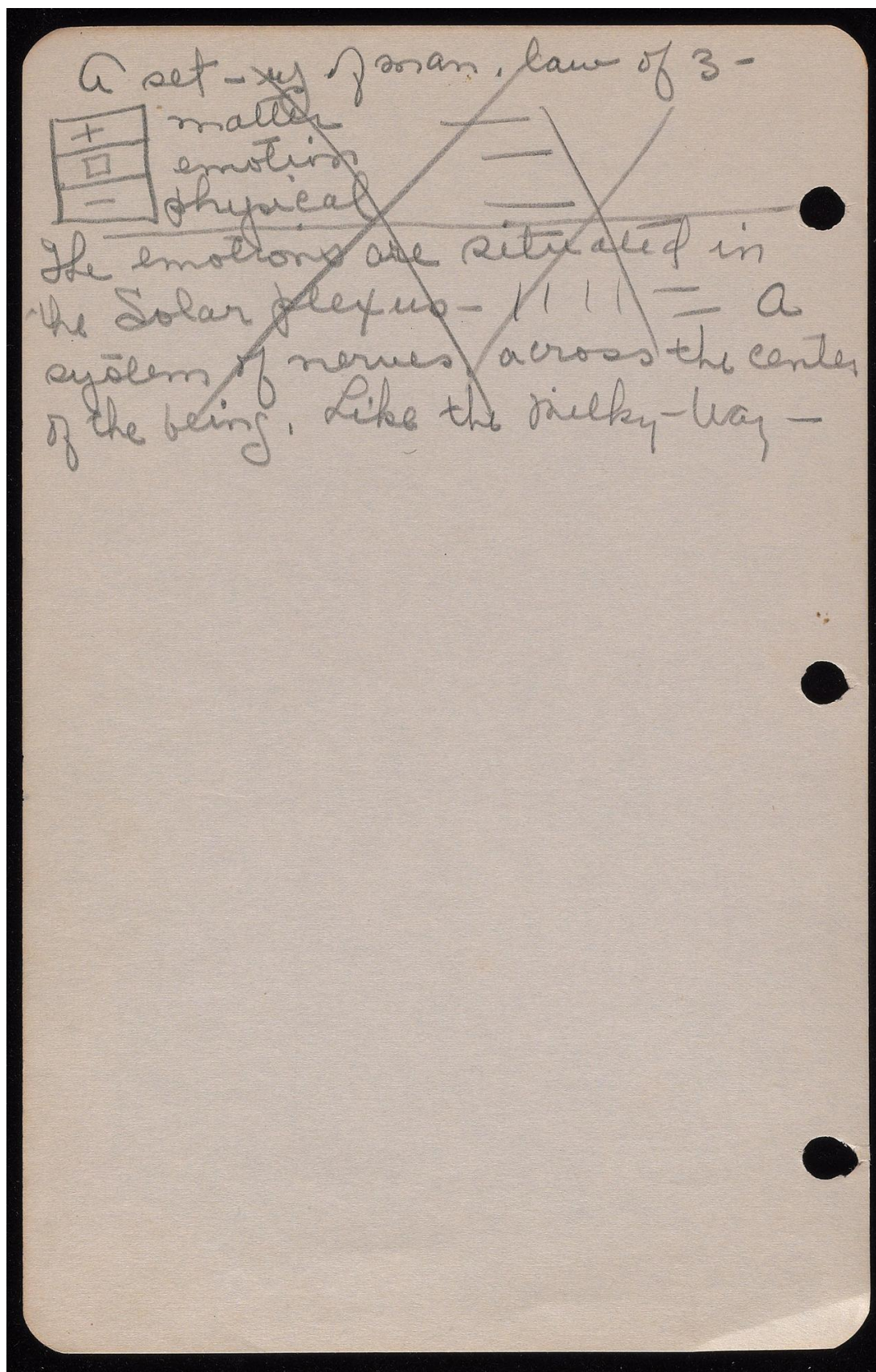
Law of three - In the
 cosmological scale, operating
 at 3 - operating at shock. The
 shock can carry us beyond the Status
 Quo =

The stock is self-observation. We
 have the three forces in us. The plus
 and the minus sexes. "electricity, etc"
 Science is the 3rd force. The 3rd
 is neutral balancing force. The mind
 affirms all, the body denies. = All
 energy leaks away from the bottom
 of the triangle  because it is
 open at the bottom. = Some have no
 emotions after 30 yrs. Some stop
 mental growth at 7-8 yrs. Many
 die too soon. (physical)
 Close up the bottom of triangle. Stop
 the leak. A 3 centered force is -
 given us each morning. We cannot
 use but a part of it = The rest is wasted.
 One uses only 1/10. = Of the bottom of the
 triangle can be closed, new energy flows in -
 and can be stored. In psychology. The
 3rd force is usually the motive behind the
 act. "Usually it is the emotional center
 motivating."
 Law of 3 operating in
 in fairy tales. Three princes, each
 with a task. The reward being in one of
 the 3 centers = = =

p. [128]

Caption: [Folder 760: Conversation with Gurdjieff]

Image ID: 10594992



man is a truth-seeking animal
but he has no truth-finding tool -

The tool must be fashioned from
three centers - physical, emotional
mental - it must work from, or
for all three. - - -

A discovered truth must be traced-
find-out, for which center it seems
to be true - Usually only one, or
two, centers will be involved, it
is not then a truth -

"Avarice" is connected with sex. Often
the avaricious will never give to love,
esteeming their sex most valuable. They hold
off, "waiting". Sex avaricious is the basis
of the Prince Charming legend - "Avarice" of
another sort can be a disease; one can find
out which center is involved. - "Money"
is the physical center of society. It is
the blood circulating thru society. One
can judge how madly off the world is to day
when one considers in whose hands of the unfit
Whos. not know how to spend, how to use
that power.

you can knock an apple off a tree by throwing a stone. But it will still be a green apple when it strikes the ground. It will not ripen in the descent. False ideas do not ripen - change - overnight. There is a moment when one is ready. Until then all the green apples knocked off the tree, (all false ideas, illusions, etc. will not make for understanding of self -) Time is in us. When we cease to be, Time ends. There is no other Time. The Fall from the Garden of Eden was man's fall into the dimension of Time. ~~The problem~~ into the awareness of Time, a fall into -

The problem then is to put oneself beyond reach of Time. Stand aside from the place where it strikes. Know the place - but stand elsewhere. Ideas, reason, emotions (perhaps) are beyond the reach of time, only thro these can one escape these currents striking. We have Time, the 4th dimension, in us, yet have no way of dealing with it. There must be reorganization of psyche, we live, let us say, in a 3 room house in the three centers, mental, emotional, physical. The rooms are cluttered to the ceiling with ruffraff furniture, much of